

Maine State Library

Digital Maine

Maine Running and Outing Magazine

Maine Running History

12-1989

**Maine Running & Outing Magazine Vol. 10 No. 12 December
1989/January 1990**

Follow this and additional works at: https://digitalmaine.com/maine_running_and_outing_magazine

DECEMBER 1989/JANUARY 1990

VOL. 10 NO. 12 \$1.95

(ISSN#1042-0120)

Maine Running & Outing MAGAZINE

BUCKHATE
U.S. POSTAGE

PAID

1991, ME 0412

Address Change Requested
P.O. Box 3399
Brunswick, ME 04412



**The Battles
at Augusta**

ALSO INSIDE: THE RUNNERS OF THE YEAR & THE YEAR IN REVIEW
SPECIAL DOUBLE ISSUE **THE FINAL ISSUE**

Dig In.



There is a new kick in footwear. It's Adidas soccer shoes, and of course, Maine Sport has the selection you've come to expect. But they're not just for soccer anymore. More and more people are finding Adidas soccer shoes to be the perfect shoe if you spend your days on your feet. And if you spend your time on the field, nothing digs in like Adidas. Available in adult and child sizes. So, put a new kick on your feet...at Maine Sport.

adidas 

Rockport

Rt. 1 (.5 mile north of Rt. 90)

236-8799

Open 7 days
a week 9-6

Fridays 'till 9



Camden

24 Main Street, Rt.1

236-8797

Open 7 days
a week 9-6

Fridays 'till 9

Maine & Running Outing MAGAZINE

The battles at Augusta! Some of the most exciting running races in the state are the high school cross-country State Meets in October. On the cover are two of the state's best - Michelle Severance of Lee (left) and Livermore Falls' Theresa Pratt - in the Class C Girls race.

Severance went on to dethrone the two-time champ from Livermore, but Pratt led her squad to the team title. For all the action and results at Augusta, flip to page 8.

If you want to see some of the best road racers in the state you must continue flipping the pages to number 11. MR&O picked its Runners of the Year for 1989. WHO ARE THEY? I'm not telling. You have to look for yourself.

Before I get too far into this, I must tell you what a sad occasion this issue is for all of us. After 116 issues and 10 years - the longest running publication EVER in New England - MR&O is going out of print. Yes, this is the last issue. For the past 2-1/2 years I've enjoyed meeting Maine runners and running Maine races. MR&O however, has gone as far as it can go and now it's time for me to move on.

Do not panic. John McGrath, of *New England Runner*, and I knew the Maine running community would be missing a vital source of information without MR&O, so we have made an agreement. *NE Runner* will publish more results and race dates from Maine than ever before. I will continue doing the Maine section for *NE Runner*, so still send me the results and dates. Thus, you'll also still see me at the races.

This is the agreement John and I made: If you are a present MR&O subscriber or advertiser, you will start receiving issues of *NE Runner* - the magazine packed with information from all over the 6 states - just as if you were still getting MR&O. If you presently subscribe to *NE Runner*, your subscription will be lengthened to fulfill the MR&O issues. John sends his best wishes to all MR&O readers and he knows you will be pleased with *NE Runner*.

It has been a great 2-1/2 years.

There are so many people to thank. I can't mention all of you. I have met a lot of unique runners and have enjoyed sharing the roads with all of you.

Special thanks do go to Larry for his photography work; the Saint and Don for sending MR&O valuable information; to Serena for the support these past 10 months; and finally to Glendon - because of his commitment to MR&O, the magazine was printed 116 times. A New England record.

Good-bye from this avenue. I will see you on another road. May the miles be swift,

Cheryl

ROAD RACE CALENDAR	2
"ACROSS THE BORDER" CALENDAR	2
XC SKI CALENDAR	2
RUNNER'S FORUM	4
RUNNING AROUND <i>by Jack Paul</i>	6
THE BATTLES @ AUGUSTA <i>Champs dethroned & return at HS States</i>	8
HS CROSS-COUNTRY STATE MEET RESULTS	10
MR&O'S 1989 RUNNERS OF THE YEAR	11
THE COUNTY'S RUNNER OF THE YEAR	11
THE YEAR IN REVIEW	12
A RECREATIONAL RUNNER'S PERSPECTIVE <i>by Larry & Kelly Leach</i>	14
NEW YEAR'S DAY TRIATHLON CHALLENGE	15
SPORTS NUTRITION - <i>by Anne-Marie Davee</i>	16
HEEL & TOE - <i>by Dr. Moshe Myerowitz</i>	17
PACELINE - <i>by Christopher Bovie</i>	18
SKI FOR CAMP RAINBOW	19
THE PACK (complete results)	21

Contributors: Anne-Marie Davee, Moshe Myerowitz, Christopher Bovie, the Leach family & Linda Koski.

MR&O WAS published monthly in Brewer, Maine.
Mailing address: PO Box 3399, Brewer, ME 04412
Publisher = Chuck Morris (207) 989-4652.

THIS IS THE FINAL ISSUE OF MR&O!

2 ROAD RACE CALENDAR

DEC 2 6TH SEASON'S GREETING ROAD RACE (5.5M) at 11 AM from Madison HS. Call Ron (437-9237) for details.

JAN 1 3RD BOG LAKE NEW YEAR'S DAY TRIATHLON at 10 AM from Carter Cove. See story or call 255-3843.

JAN 21 11TH JANUARY THAW 4.5M at 12-noon from the Belgrade Central School. Call Gene Roy (465-7296) for details.

FEB 10 9TH KATAHDIN TRUST SNOW RUN at 11 AM from Houlton HS. See flyer this month or call 532-6554.

FEB 18 12TH SNOWFEST 5M at 11 AM from the Augusta Civic Center. See flyer this month or call 622-1258.

MAR 11 11TH KILLARNEY'S 10K at 11 AM in Waterville. Call Jerry Saint Amand (873-6753) for details.

MAR 18 12TH BOSTON PRIMER 15M at 11 AM in Readfield. Call Dave Guban (622-0289) for details.

APR 7 THE 25K CHAMPIONSHIP from Union to Rockland. Contact Vern Demmons for details.

WEEKLY RUNS (Do you know of a weekly run? Include it here!)

Bangor	Sunday at 9 AM from YMCA (5-10+ miles). Call Sarah Gehrt at 941-2815.
Blue Hill Falls	Tuesday at 5:30 PM from WERU Studio. Call Mike Archer at 348-2871.
Brewer	Monday/Thursday at 6 PM from the high school (5+ miles). Call Chuck Morris at 989-4652.
Brunswick	Sunday at 9 AM from Junior High School. (4-8 miles). Call John LeRoy at 725-8680.
Ellsworth	Wednesday at 5:30 PM from the high school. Call Tom Kirby at 667-9771.
Machias	Anytime. In the area? Give Mike Carter a call at 255-3843.
Portland	Wednesday at 5:30 PM (Intervals/speed work) Call Herb Strom at 799-7705.
Portland	Sunday in the early AM for a long run from Payson Park. Call John Gale at 775-5017.
Presque Isle	Sunday at 10 AM from Methodist Church. Call Dave Rand at 455-4850.
South Portland	Saturday at 7 AM from SMVTI.
South Portland	Sunday at 1 PM (if no local race) from SMVTI. Call Herb Strom at 799-7705.
Thomaston	Sunday at 9 AM (3-10+ miles). Call Larry Taylor at 354-6448.
Wiscasset	Sunday at 8 AM from Municipal Building (2-10+) Call Don Brewer at 882-7533/6755.

ACROSS THE BORDER

DEC 2 4TH JINGLE BELL RUN in Concord, NH. Call 603-224-9322.

DEC 3 PEARL HARBOR DAY MASTERS 5M RUN in Waterford, CT. Call 203-444-5881.

DEC 9 TALLAHASSEE ULTRA DISTANCE CLASSIC (50K & 100K) in Wakulla Springs, FL. Call 904-878-6757.

DEC 10 13TH BILL RODGERS JINGLE BELL RUN in Boston, MA. Call 617-734-7317.

DEC 10 HONOLULU MARATHON. Call 808-734-7200.

DEC 10 SAN DIEGO INTERNATIONAL MARATHON & 10K in San Diego, CA. Call 619-483-9501.

DEC 16 HARK THE HERALD ANGELS 12.25K in Angel Island, CA. Call 415-540-7008.

DEC 17 8TH SANTA CLAUS RUN (2M & 5M) in Pawtucket, RI. Call 401-723-6655.

DEC 24 12TH 50K BEACH RUN on Cocoa Beach, FL. Call 407-727-0289.

DEC 25 LEGG LAKE RED NOSE REINDEER 5K in S. El Monte, CA. Call 213-949-0394.

DEC 31 THE HUMAN RACE 8K in Jamaica Plain, MA. Call 617-524-6093.

JAN 1 CMS FREEZER FIVE in Worcester, MA. Call 508-464-2608.

JAN 1 3RD NEW YEAR'S DAY RUN FOR SIGHT 4M in Brookfield, CT. Call 203-775-1729.

JAN 7 HANGOVER CLASSIC 5M in Little Compton, RI. Call 401-624-4587.

JAN 14 13TH BERMUDA MARATHON. Call 617-242-7845.

JAN 20 7TH MARDI GRAS MARATHON in New Orleans, LA.

JAN 28 CLIFF WHITE 10K in Hyannis, MA. Call 508-778-6965.

CROSS-COUNTRY SKI CALENDAR

JAN 1 6TH CARTER'S LAST STAND at 11 AM from Carter's Farm XC Ski Center in Oxford. Call 539-4848 for details.

JAN 13 LOKI'S LOPPET 10K at Troll Valley Ski Center.

JAN 14 4TH OXFORD HILLS ROTARY SKIATHON at Carter's Farm XC Ski Center in Oxford. Call 539-4848.

JAN 20 BACKWOODS BURNER 5K & 15K at Squaw Mtn. See story or call 695-2220.

JAN 27 8TH GREAT CARIBOU BOG WICKED WINTER SKI TOUR & RACE at 11 AM behind Bangor Mall. See flyer.

FEB 4 OXFORD WINTER CARNIVAL at Carter's Farm XC Ski Center in Oxford. Call 539-4848.

FEB 18 5TH WOOD SKI TOUR & RACE (wood skis required) at Carter's Farm XC Ski Center. Call 539-4848.

MAR 3 SUNDAY RIVER LANGLAUF 5K, 15K & 30K. Call 824-2410.

MAR 11 MR. MACHINE RACE (XC skiing, canoeing & snowshoeing) at Carter's Farm XC Ski Center. Call 539-4848.

MAR 31 APRIL FOOL'S POLE PADDLE & PAW RACE at Sunday River. Call 824-2410

Epstein's Announces:

THE 5 ACES ROAD RACE

is set for Mother's Day
(Sunday, May 13 1990)
@ 11:00 AM from the
Pendleton Street School in Brewer
(RAIN OR SHINE)



(TO BENEFIT THE NEW BREWER TRACK COMPLEX)

**SPECIAL \$1,000.00 CASH PRIZE
GIVE AWAY***

(*drawing based on a minimum 505 finishers)

Levi jeans for the 100th,
200th, 300th, 400th & 500th
place finishers. Plus many more prizes.

EPSTEIN'S
"OF MAINE"

**BREWER-STONINGTON-SEARSPORT-MILLINOCKET-
PRESQUE ISLE and BREWER ANNEX**

Brewer Open Every Day 9-8, Sun. 12-5

RUNNER'S FORUM

Dear Chuck,

Enclosed (are the) results of (our) road race. It was a tremendous success, raising \$1,138.00 for a scholarship to a Deering High School senior. There were over 200 entries with 189 finishers. Not bad for our first race. Thanks for everything and see you next year.

Thanks,
Jonathan Kosnow

Dear Chuck,

Enclosed are the finishers for the 1989 Bangor Labor Day Road Race. Unfortunately, we had problems with the operation of the chronomix timer, so only the top 5 times are accurate, as far as we know. I don't know if you will want to publish the finishers without times, but I thought I should mail the list to you anyway.

Thanks,
Craig Orff

Chuck,

Here's my renewal money. Keep up the good work. (I) always look forward to receiving the issues.

Take Care,
Jeff (Brown)

MR&O,

Eek! Almost missed renewal. Keep 'em coming.

Cindy Smith

Dear Chuck,

Keep up the great work.

Peter (Millard)

MR&O,

Enjoy your magazine. Would like to see better coverage of upcoming races in So. Maine. Keep up the good work.

Don Bessey

Chuck,

It slipped my mind. Sorry. Here's the check. Keep the magazine coming and good job. It's always a welcome sight at the start of the month.

Thanks,
Gordon Hartwell

PS. I really enjoyed the Pepsi-Cola 10K up your way. You folks did a nice job all the way around.

Hi Chuck,

Here's my check for next year. Thanks for the good reading.

Yours truly,
Dave McManus

Dear Chuck,

Hello. I never received an October issue of the magazine, so I'm wondering if there's an extra you can send me. Thanks. Wishing you well in running and everything else.

Sincerely,
Alex (Hammer)

Dear Chuck,

Hello, it's me again. I got the October issue today after I'd already mailed my letter, so scratch the request. Sorry about that. Wishing you all the best.

Sincerely,
Alex (Hammer)

Hi Chuck,

Here's my subscription for 1990. You put out a great magazine. I look forward to every issue.

Also, I want to thank Jerry and the Striders (and all the volunteer help) for a great 1st Pine Tree Marathon. I did the first 20 miles as a training run along with four other Pen Bay Pacer teammates and we "loved" every minute of it. How about another hill or two, Jerry? (HAHA).

Speaking of hills, the Pacer's 25K Championship Run is set for Saturday, April 7, 1990. Hope you can get down here to defend your title.

See you on the road,
Vern Demmons

MR&O,

I would like a one-year subscription to Maine Running and Outing Magazine.

Thank-you,
Denis Poulin

Hi Chuck,

Thanks for your encouragement at "Pine Tree." It made a difference. Between Cathy and kids, you, Dave Jeffrey and Erin, I really had a lot of help which was much appreciated. I had a super, final 10K, as you know. It was scary.

Much thanks to Jerry Saint Amand and the Central Maine Striders for an exceptional job in putting on the race. The only complaint I have was the lack of a "Porta Potty" at mile 10 and the very thick, very sharp, raspberry bush also at mile 10. Keep up the great job with MR&O. Your magazine is a common bond with all Maine runners and serves a great need. See you at Bog Lake or sooner.

Mike Carter

*Special thanks to Glendon Rand for getting me out slow and on time.

Dear Chuck,

Please renew my subscription for another year. I hadn't noticed the expiration date on my mailing label. You're doing a great job. Your magazine is a valuable resource for Maine's athletes.

Thanks,
Daisy Schultz

Hi Chuck,

I'm sending along results from a recent TAC cross-country meet I helped direct. Also, I thought I would let you know that we will not be holding a Candy Cane Fun Run this year. We will be back next Christmas bigger and better than ever. We are working on details already. Thanks for all your help in the past with the Candy Cane runs. I'll keep

you updated on 1990's. It was good to see you at the Pine Tree Marathon. Jerry and the Central Maine Striders did a great job on that.

Best wishes,
Rob Laskey

Hi Chuck,

Hope you and Serena are well. I'm waiting for complete results from the Great Pumpkin 10K. Sorry to miss your December deadline. The temperature was slightly above 70-degrees and conditions were slightly breezy. The top men: Bobby Hodge (29:52), Greg Hale (29:54) and Dave Dunham (29:59). Top women were Tina Meserve (35:54), Rose Prest-Morrison (36:26) and Rita Cecil (36:39). There were some great battles out there. Tina Meserve and Greg Hale should be strong candidates for Maine Runners of the Year.

Take Care,
Don Penta

Dear Grandson,

Thank you. The October issue came today. I see your name at the head of one list. Congratulations...Is your zeal for Jesus our Savior having equal place? Only what's done for Christ will last. Eternity will reveal our heart's choice. I liked the article about peanut butter. It's one of my favorite foods.

Love and prayers,
Grandma

Dear Chuck,

Enclosed are the results of the Moonlight Madness Road Race. I had understood that someone else was taking care of these, but Jerry asked me for them the other day, so I figured you probably hadn't received them either. I hope you will be able to make one of the Farmington races coming up.

Thanks,
Jack Paul

SWOOOOOOOSH.



This is the women's Air Max Light from NIKE.
A lighter, faster version of the world's
best-cushioned running shoe. So if
you want a pair, you'd better hurry.
They're going fast. Very fast.



Available for men and women

OLYMPIA Sports

MAINE MALL, SOUTH PORTLAND • 773-8131
WINDHAM MALL, N. WINDHAM • 892-5137
NEWINGTON MALL, N.H. • (603)431-4304
BANGOR MALL, BANGOR • 942-7993

Dear Chuck,

Just a quick comment: My compliments go to Jane and Barb and the rest of the MTC for the great job they do each year with the Cape Challenge. This is a difficult race to organize with the big crowd, many intersections and endless paperwork. I've run all six so far and hope to keep the streak going. Here's what I like: (1) SMVTI has good parking and facilities, (2) Good quality t-shirts, (3) tough course - you feel like you've been to war afterward, but this is what running races is all about, (4) Quick results after which give more info than you need, (5) Several runners were awarded a special recognition trophy and certificate for doing the first 5 years in a row. More races should recognize this. So my hat is off to all the directors and volunteers at MTC. Super job.

The Pine Tree Marathon certainly will become another favorite and I hope to be there every year. I'd start saying good things about Jerry and Ruth and the Striders, but my pen would run out of ink.

Congratulations on a great year Chuck.

See you at the races,
Joe (Meehan)

Dear Chuck,

Here are the results of the Christmas Classic 5K. The weather wasn't very good, but those that did show up seemed to have a good time. The roads were mostly wet with slush and there were some snow-covered areas. The temperature was almost up to freezing and we were thankful for that. We were happy enough with the outcome that we have already started talking about next year.

Thanks,
Jack Paul

Chuck,

Super job. Great effort. What a lift to see you win. Hope it helps - be happy. Serena did a super run also - second overall - and well ahead of me.

As always,
Jerry(The "Saint" Amand)

Bicycles

TREK • CANNONDALE • FUJI
DIAMOND BACK • UNIVEGA •
SPECIALIZED • PEUGEOT
CINELLI • CENTURIAN

WE BUILD CUSTOM WHEELS, SHOES, HELMETS,
CLOTHING, COMPUTERS AND OTHER ACCESSORIES.
26 MODELS OF MOUNTAIN BIKES.
HONEST ADVICE ON ALL YOUR CYCLING NEEDS.

SEE US AT OUR NEW ROUTE 1 LOCATION NORTH OF
THE CARLTON BRIDGE IN WOOLWICH.

Route 1, Woolwich

442-7002



9-5:30 Mon.-Sat.

Fri. 9-8

RUNNING AROUND

by Jack Paul

The "Winter Running Adventure of '89-90" came early this year. In the middle of November, winter hit us with a thud. A foot of snow before Thanksgiving, arctic temperatures, ice-covered roads and sidewalks; weather that shouldn't have come for a month or more.

If we're in a global warming trend, I'd hate to see an Ice Age. We may be in for tropical breezes on "Ground Hog Day" if the old saying, "the weather will always balance itself out" comes true. That would be nice, but if it doesn't happen I won't be surprised.

What is this "Winter Running Adventure," you may ask? You may have heard some people talk about winter running being a challenge. Well, I like to take it one step further, like the military commercials. "Winter running is not just a workout, it's an adventure."

Winter running does have some similarities with the military. Survival training comes to mind. Trying to stay on your feet when the streets and sidewalks are a sheet of ice, dressing properly so as not to freeze or overheat (the happy medium does get easier to find with time), and navigating a safe course are a few more.

When I think of winter running, I think of my buddy Horace Tweedle. Horace is a real hard-core Maine runner. He never lets the weather bother him: blizzards, cold, wind, ice, rain or any other condition, you'll see him out there pounding the pavement.

Horace doesn't go in much for the fancy new clothing. Shorts and a T-shirt down to about

freezing are fine; then sweats below freezing. When I first met Horace several years ago, he was running in old tennis shoes, cut-off jeans and a flannel shirt with no sleeves - about as low-tech as you can get. He has just graduated up to real running shoes and shorts and T-shirts, but still just the old sweats.

Also, Horace never takes himself seriously. He just goes out to run and have a good time. Horace is kind of laid-back. When you ask him how he did after a race, he is more likely to tell you a story. That's one of the things I like about Horace, he's always good for a story.

Horace was telling me about this young guy he met one day out on a run. Horace figured the fellow was from the university because he seemed to have a thirst for knowledge, although not necessarily the kind Horace wanted to give.

As they were running he kept asking Horace things like, "How far are you going?", "How far have you been?", "You run this road before?", "Do you double-knot your laces?" and other such questions.

Well, Horace being the guy he is answered most of the questions with "don't know," which didn't seem to satisfy the young fellow. After about two miles of this the young fellow had had enough and he said, "You don't seem to know very much, do you?" To which Horace replied, "If I don't know very much, how come you're asking me all these stupid questions."

See Ya On the Roads.



MAINE TRACK CLUB'S 9TH ANNUAL MID-WINTER 10-MILE CLASSIC

Sunday, February 4, 1990
12 NOON
@ Cape Elizabeth HS

COME SET A NEW COURSE RECORD!

Hand-wheel measured course -- maps available race day.
Timed splits at 1 and 5 miles. Water at 5-mile mark.
Showers available.

RACE DAY REGISTRATION at Cape Elizabeth HS gym.
10:45 AM to 11:45 AM (\$7.00)

MORE INFORMATION CONTACT:

Bob Payne (655-6006)
Marla Keefe (655-7350)

(To benefit the Bruce Ellis Fund that sends a youngster to camp.)



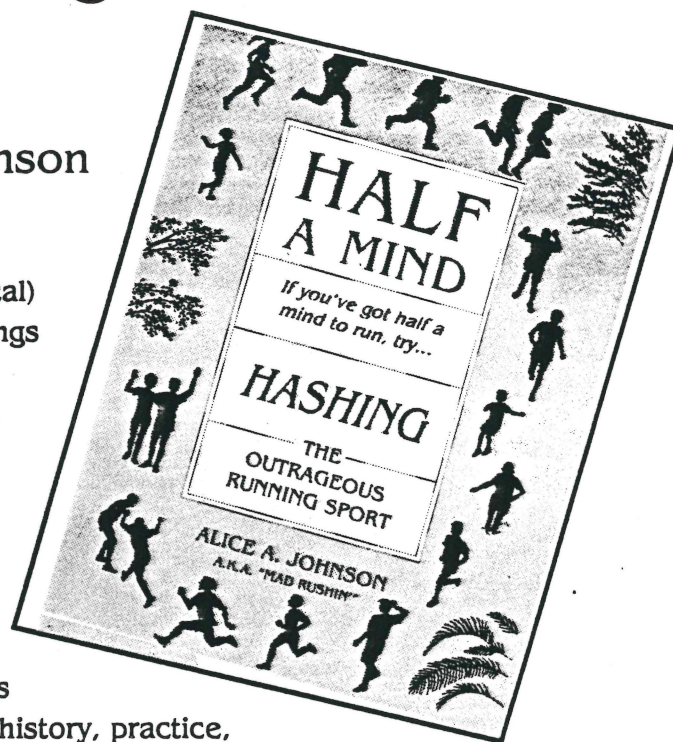
HALF A MIND?

Hashing: The Outrageous Running Sport

by Maine author Alice Johnson
\$9.95. 152 pages. Paperback.

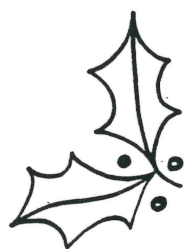
Hashing is the logical (or perhaps illogical) companion to jogging or running –it brings both dedicated and occasional runners together. Hashing accommodates those in superior condition as well as those who loathe serious exercise. It turns running into a social sport.

Now, for the first time, here is the authoritative guide to this new sport. Alice Johnson, a world-class hasher, has brought together the weird vocabulary, history, practice, and guidelines for getting into and enjoying Hashing.



If you're tired of always running alone, would like to get a group together to get some exercise and have a lot of fun, or if you want to stimulate your Hashing group to new excesses, then *HALF A MIND*, the new guide to Hashing, is the essential book.

If you're looking for a holiday gift that will amuse, entertain, and surprise, *HALF A MIND* is for your stocking gift list. And if you're serious about trying a new sport, *HALF A MIND* is the only guide to Hashing.



YANKEE BOOKS



Call 1-800-445-6638.

Have your MC/VISA number and expiration date ready.
Or send a check to Yankee Books, AIDC, 62 Depot Rd., Colchester, VT 05446.
Maine Residents add \$2.50 shipping and handling.

Champs Dethroned and Returned in '89's HS State XC Meets

Streaks Always End & Then Begin Again

Like the Chicago Bears reign atop the NFC Central Division in the NFL or even the Cheverus Stags dominance in the triple crown of running sports in the late 70's and early 80's, all good things come to an end. Once a champion, not always a champion as Mark Burgess, Theresa Pratt and the Greely girls team found out at the HS State Cross-Country Meets at Augusta in late October.

But a champion always puts up a good fight and they'll always come back, as Cheverus, Cape Elizabeth, Livermore Falls and Wendy Hosea demonstrated this unseasonably warm Saturday.

In the Class A Boys Meet, Cheverus is beginning a new streak as they won their second consecutive title. Thomas Barry overtook front-runner Phil LeBreton of Brewer half-way into the hilly 3.0 mile course and held on for a three-second victory in 16:20.

Barry led the Stags to the team win (56 to Mt. Ararat's 83) as teammate Jason Carroll added an 8th-place finish for Coach Charlie Malia.

In the Class B Boys Meet, Burgess was no match to defend his title against Mattanawcook senior Sam Wilbur. Wilbur's 16:02 clocking was the fastest of the afternoon and gave him a 23 second cushion over defending champ Burgess.

Burgess, however, led teammates Peter Mullen and Jeff Reminga to an impressive 2-3-4 finish as they all finished within one second. The trio gave the Capers of Cape Elizabeth their third straight title with an unexpected easy 55- 101 triumph over Maranacook.

In Class C Boys action, Yarmouth took a 1-2 finish with Scott Loomis (16:28) and Casey Carroll (16:45), but they had no back up as the team finished a distant 6th behind victor Wiscasset (78). Nate Clark (4th) and Tom Abello (8th) led Wiscasset.



Cheverus' Thomas Barry held off Phil LeBreton of Brewer for the Class A win.



Wendy Hosea (Messalonskee) regained the Class B title she lost last year to Rockland's Susan Lundquist (center) while Erica Belyea (left) led MV to the team title over Greely.

In Class A girls action, Northern Maine powerhouse Caribou jumped in the driver seat with Darcie McElwee (20:11) and Angie Rumble (20:31) sandwiching Presque Isle's Rachel Cleaves for the first three spots, but Edward Little's team depth proved too much as the Eddies prevailed by 10, 61-71.

Gina Melaragno, Cheryl Frechette and Becky Albert finished 9-10-11 to lead EL.

In the Class B Girls Meet, Greely tried for their 5th straight title, but Medomak Valley snuck past Danny Paul's squad 61-63. Erica Belyea led MV with her 3rd-place finish, behind the past two years' individual titlists (Susan Lundquist of Rockland and Messalonskee's Wendy Hosea).

It was the finishing sprints by Lisa Burns (17th) and Emily Payson (25th) that brought them past Greely runners in the last 100-meters that gave Coach George Gould and his MV squad the victory, however.

The individual race pitted the '87 champ Hosea up against last year's victor Lundquist. Lundquist had defeated Hosea the week before in the Regional meet. This Saturday, however, was destined to be for the former champ as Hosea

easily outdistanced the Rockland senior by 36 seconds. Her 18:46 time was the second-fastest of the day.

In the Class C Girls Meet, two-time champ and still only a junior, Theresa Pratt of Livermore Falls went into the race unbeaten in State Meets. Michelle Severance of Lee, however, remembered Pratt's come-from-behind win in '88 and did not want to see the same unfold this year.

Severance took the lead from the gun and opened up a gap that Pratt could never close.



EL's top three (Gina Melaragno, Cheryl Frechette and Becky Albert) led the Eddies to the Class A title.



Mark Burgess' (right) runner-up spot in Class B wasn't a disappointment as he led 'mates Peter Mullen and Jeff Reminga (left) to a 2-3-4 finish.

Severance ran 18:23 for the fastest time of the afternoon while Pratt hung on for second in 18:47.

Pratt had some comfort, however, as the Andies won it's second-consecutive title with a nip-and-tuck victory over John Bapst. LF put its first four runners (Pratt, Katherine Chabot, Jackie Castonguay and Rachelle Leger) in the top 13 while totaling 61 points to JB's 64. Bapst had three (Melissa Lockman, Petra Rydlova and Amy Martin) in the top 12.



MA's Sam Wilbur added the Class B XC title to his collection.

FOUNDED 1975
**CENTRAL
MAINE
STRIDERS**
"WE SHARE THE ROADS"

One of Maine's Most Unique Running Clubs!

CENTRAL MAINE STRIDERS

P.O. Box 1177
Waterville, Maine 04901

For Information Contact:
Jerry Saint Amand, President
(873-6753)

UPCOMING EVENTS
JAN. 21 - January Thaw 4.5M

H.S. STATE XC RESULTS

Class A Girls

Edward Little 61, Caribou 71, So. Portland 76, Mt. Ararat 105, Westbrook 128, Sanford 128, Lewiston 162, Gardiner 170, Brewer 201.

1. Darci McEwee, Caribou, 20:11; 2. Rachel Cleaves, Presque Isle, 20:28; 3. Angie Rumpke, Caribou, 20:31; 4. Marianne Chayer, Westbrook, 20:34; 5. Christine Messier, McAuley, 20:39; 6. Emily Beal, So. Portland, 20:45; 7. Lori Towle, So. Portland, 20:47; 8. True McConnell, Lewiston, 20:53; 9. Gina Melaragno, Edward Little, 21:00; 10. Cheryl Frachette, Edward Little, 21:01; 11. Becky Albert, Edward Little, 21:02; 12. Jennifer Vermette, Sanford, 21:10; 13. Elise Margolis, Sanford, 21:14; 14. Colleen Nadeau, Mt. Ararat, 21:19; 15. Amy Grant, Westbrook, 21:22; 16. Rachel Badard, Mt. Ararat, 21:23; 17. Cindi Moreshead, Cony, 21:28; 18. Stephanie Wood, So. Portland, 21:35; 19. Vanessa Rechtinger, Edward Little, 21:38; 20. Jenny Andrews, Gardiner, 21:40; 21. Annette Michaud, Caribou, 21:47; 22. Tiffany Toblissen, Deering, 21:51; 23. Terry Jordan, So. Portland, 21:55; 24. Liz Burroughs, Mt. Ararat, 21:59; 25. Bekah Ackerman, Edward Little, 22:01; 26. Kristin Kulinski, Mt. Blue, 22:01.1; 27. Kara Vetch, Mt. Ararat, 22:03; 28. Gretchen Easter, Mt. Blue, 22:07; 29. Jill Shoemaker, McAuley, 22:18; 30. Merrabeth Tibbets, Gardiner, 22:26; 31. Lisette Dupuy, Waterville, 22:29; 32. Nicole Durette, Caribou, 22:29.1; 33. Danielle Buck, Nokomis, 22:30; 34. Zoe Miller, Sanford, 22:32; 35. Tyra Bradbury, Caribou, 22:32.1; 36. Shelia McDonough, Bonny Eagle, 22:35; 37. Merideth Libby, Brewer, 22:38; 38. Gretchen Elias, Edward Little, 22:38.1; 39. Dawn Gagnon, Lewiston, 22:42; 40. Jessica Carlson, Westbrook, 22:45; 41. Robyn Murphy, Sanford, 22:47; 42. Tammie Turner, Brewer, 22:52; 43. Jennifer Martin, So. Portland, 22:52.1; 44. Kim Morgana, Caribou, 22:57; 45. Christine Boulanger, Lewiston, 22:59; 46. Stephanie Niesse, Gardiner, 23:04; 47. Jillian Gale, Mt. Ararat, 23:13; 48. Lori Corderio, Edward Little, 23:17; 49. Krista Bessie, Caribou, 23:19; 50. Toni Doucette, Westbrook, 23:24; 51. Suzi Parks, Brewer, 23:24.1; 52. Kimberly Monaco, Brunswick, 23:26; 53. Stephanie Wood, Westbrook, 23:27; 54. Kateri Plechuk, So. Portland, 23:32; 55. Carey Jordan, So. Portland, 23:44; 56. Melissa Coulombe, Lewiston, 23:46; 57. Jessie Lawrence, Gardiner, 23:47; 58. Stephanie Grand, Lewiston, 24:02; 59. Amy Roper, Gardiner, 24:07; 60. Kristin Dame, Brewer, 24:08; 61. Cindy Pomerleau, Mt. Ararat, 24:12; 62. Ayn Pongan, Sanford, 24:18; 63. Erica Dame, Brewer, 24:28; 64. Tonya Wright, Westbrook, 24:58; 65. Robin Coleman, Brewer, 25:13; 66. Stephanie Paul, Brewer, 25:42; 67. Valerie White, Sanford, 25:49; 68. Missy Hart, Gardiner, 25:51; 69. Missy Poullard, Sanford, 26:12; 70. Chantal Rowe, Lewiston, 28:42.

Class B Girls

Medomak 61, Greeley 63, Kennebunk 108, Gorham 115, Maranacook 120, Camden-Rockport 158, Old Town 173, Hampden 174, Scarborough 208, Gray-NG 244, Winslow 245.

1. Wendy Hoes, Messalonskee, 18:46; 2. Susan Lundquist, 18:46; 3. Erica Belyas, Medomak, 19:25; 4. Heather Moore, Gorham, 19:45; 5. Wille Ulbrich, Medomak, 19:52; 6. Rachel Sawyer, Kennebunk, 19:55; 7. Stacey Tevatt, Gorham, 20:08; 8. Jeannine Allard, Hampden, 20:11; 9. Stacey Reilly, Fryeburg, 20:18; 10. Kristen Lindholm, Scarborough, 20:18.2; 11. Heather George, Stearns, 20:22; 12. Erica Adshad, Greeley, 20:25; 13. Beth Pillsbury, Greeley, 20:28; 14. Samara Roberts, Camden-Rockport, 20:32; 15. Sara Fleweger, Camden-Rockport, 20:38; 16. Jenny McGillivray, Maranacook, 20:43; 17. Lisa Burns, Medomak Valley, 20:57; 18. Colleen Ford, Greeley, 21:01; 19. Christine Brown, Greeley, 21:06; 20. Carey Donegan, Maranacook, 21:18; 21. Leah Babcock, Greeley, 21:33; 22. Kate Ringo, Old Town, 21:35; 23. Laura Hodnett, Kennebunk, 21:39; 24. Jenny Potter, Winslow, 21:44; 25. Emily Payson, Medomak, 21:44.1; 26. Tanja Hansen, Greeley, 21:45; 27. Jennifer Blawie, Medomak, 21:55; 28. Crystal Clay, Kennebunk, 21:58; 29. Wendy King, Old Town, 22:00; 30. Heidi Moore, Gorham, 22:01; 31. Tanja Melike, Maranacook, 22:04; 32. Jerica Bell, Gorham, 22:07; 33. Robyn Leavitt, Hampden, 22:08; 34. Laura Novotny, Kennebunk, 22:08.1; 35. Laurie Milton, Kennebunk, 22:09; 36. Stacey Lewis, Lake Region, 22:15; 37. Shanna Handrahan, Maranacook, 22:17; 38. Kathy Cushing, Maranacook, 22:21; 39. Becky Wallace, Gray-NG, 22:21.1; 40. Liz Oldread, Camden-Rockport, 22:23; 41. Kim Miller, Hampden, 22:24; 42. Wendy Real, Medomak, 22:25; 43. Heidi Brewer, Old Town, 22:27; 44. Janet Sweeney, Maranacook, 22:34; 45. Sharon McHargue, Winslow, 22:38; 46. Tessa Lewis, Lake Region, 22:38.1; 47. Ariane Derocourt-Roy, Camden-Rockport, 22:43; 48. Patty Dobricko, Scarborough, 22:49; 49. Nicole DeForge, York, 22:50; 50. Kami Trundy, Maranacook, 22:50.1; 51. Lauren Sullivan, Wells, 22:53; 52. Kelli O'Reilly, Scarborough, 22:53.1; 53. Amy Pollock, Old Town, 22:57; 54. Katherine Cole, Hampden, 22:59; 55. Sylvia Unruh, Old Town, 23:06; 56. Evon Flanagan, Gray-NG, 23:11; 57. Stasia Savask, Winslow, 23:11.1; 58. Marsha Guillen, Scarborough, 23:23; 59. Krista Turinton, Gray-NG, 23:24; 60. Sarah Kenney, 23:32; 61. Sarah Kenney, 23:32; 62. Sarah Kenney, 23:32; 63. JoAnn Taylor, Gorham, 23:41; 64. Rikke Soerensen, Gray-NG, 23:55; 64. Heather Gouze, Gray-NG, 23:58; 65. Shannon Barrows, Hampden, 24:00; 66. Stacy Becker, Hampden, 24:05; 67. Tanja Miller, Medomak, 24:06; 68. Julie Redding, Old Town, 24:12; 69. Sarah McLean, Camden-Rockport, 24:23; 70. Kim Barton, Gray-NG, 24:34; 71. Jenny Popo, Greeley, 25:02; 72. Heather Hawkins, Hampden, 25:04; 73. Sherry Marcoux, Winslow, 25:45; 74. Sue Hauxwell, Scarborough, 26:08; 75. Kacey McGimsey, Gorham, 26:23; 76. Heather Gorham, Gray-NG, 26:24; 77. Crystal Roy, Camden-Rockport, 26:51; 78. Nicky Hupper, Camden-Rockport, 26:59; 79. Kendra Crook, Winslow, 27:40; 80. Jan Locke, Scarborough, 28:47; 81. Holly Vanderveer, Winslow, 30:09.

Class C Girls

Livemore Falls 61, John Baptist 64, Narragansett 106, Traip 157, Wiscasset 173, Hall-Dale 178, Schenck 176, Yarmouth 181, Piscataquis 184, North Yarmouth 188, Jonesport-Beals 913.

1. Michele Severance, Lee, 18:23; 2. Theresa Pratt, Livemore, 18:47; 3. Sara Coulter, Traip, 19:11; 4. Maria Hassett, Yarmouth, 19:28; 5. Melissa Lockman, John Baptist, 19:58; 6. Sue Hale, Madawaska, 20:06; 7. Katherine Chabot, Livemore, 20:21; 8. Petra Rydova, John Baptist, 20:34; 9. Angela Daigle, Schenck, 20:41; 10. Beverly Smith, Jonesport-Beals, 20:45; 11. Jackie Castonguay, Livemore, 20:52; 12. Amy Martin, John Baptist, 21:06; 13. Rachelle Leger, Livemore, 21:09; 14. Sarah Smith, Wiscasset, 21:16; 15. Rhonda DeLucia, AH, 21:22; 16. Kriston Corcoran, Penquis, 21:27; 17. Julie Alley, Jonesport-Beals, 21:29; 18. Angela Hamel, Traip, 21:31; 19. Starr Nicolas, Narragansett, 21:34; 20. Jill Nicolas, Narragansett, 21:52; 21. Marcia Houlet, Wiscasset, 21:56; 22. Nicole Mullins, Dirigo, 22:06; 23. Denny Leavitt, Seaside, 22:20; 24. Nicki Marston, Jay, 22:23; 25. Kelly Hayes, Telstar, 22:31; 26. Sarah Gammell, Dirigo, 22:33; 27. Carrie Teis, Greenville, 22:35; 28. Tricia Sappier, John Baptist, 22:39; 29. Melissa Cromwell, Wiscasset, 22:45; 30. Kathy Gagne, Schenck, 22:48; 31. Cathy Couvette, Old Orchard, 22:52; 32. Bobbie Jo Abbey, Sumner, 2:07; 33. Tara Lisherness, Mt. Abram, 23:15; 34. Joanna York, NYA, 23:22; 35. Sarah Berry, Yarmouth, 23:23; 36. Judy Berry, Narragansett, 23:27; 37. Erin Lock, Narragansett, 23:34; 38. Sarah Pierce, Dirigo, 23:24.1; 39. Kim Sekera, John Baptist, 23:35; 40. Eleda Wacker, Piscataquis, 23:37; 41. Kate Mahoney, Hall-Dale, 23:39; 42. Christa Mathews, Narragansett, 23:42; 43. Renee Plummer, Hall-Dale, 23:55; 44. Eloise Prickett, Piscataquis, 23:55.1; 45. Heidi Goodale, NYA, 23:56; 46. Leisha Johnson, Piscataquis, 23:57; 47. Sonya Rivard, Hall-Dale, 24:01; 48. Nicole Goff, Narragansett, 24:05; 49. Sarah Pike, Livemore, 24:14; 50. Danielle Nash, John Baptist, 24:22; 51. Candace Nadeau, Forest Hills, 24:26; 52. Zandra Campbell, Narragansett, 24:29; 53. Sara Leavitt, John Baptist, 24:41; 54. Jessica Fuimer, NYA, 24:52; 55. Jenny Barry, Hall-Dale, 24:58; 56. Lisa Gyurko, Traip, 25:06; 57. Angela Strout, Schenck, 25:14; 58. Gretchen Backman, Jonesport-Beals, 25:26; 59. Jessica Rutherford, NYA, 25:28; 60. Crissa Monday, Traip, 25:32; 61. Terry Acopin, Telstar, 25:44; 62. Kendra Nott, Hall-Dale, 25:47; 63. Brenda Libby, Piscataquis, 25:56; 64. Kari McLaughlin, Schenck, 26:13; 65. Susan Horick, Piscataquis, 26:13.1; 66. Melissa Kain, Piscataquis, 26:31; 67. Michelle Allain, Yarmouth, 26:32; 68. Erin McCusker, Yarmouth, 26:35; 70. Cara Stewart, NYA, 26:37; 71. Julie Keiso, Traip, 26:45; 72. Marie Pelletier, Wiscasset, 26:56; 73. Tracey White, Traip, 26:57; 74. Tisha Clayton, Traip, 27:05; 75. Sandra Reese, Piscataquis, 27:43; 76. Maura Tukey, Hall-Dale, 27:48; 77. Elizabeth Martin, Schenck, 28:06; 78. Delia Pearlman, Jonesport-Beals, 28:27; 79. Jennifer DeWitt, Schenck, 29:03; 80. Tina Redman, Dirigo, 29:12; 81. Alex Furtado, Yarmouth, 29:38; 82. Hilary Crocker, Hall-Dale, 29:41; 83. Sarah Case, Yarmouth, 30:05; 84. Kelley Dodge, Jonesport-Beals, 30:31; 85. Lynn Rommel, Wiscasset, 30:45; 86. Leann Faulkingham, Jonesport-Beals, 33:07.

Class A Boys

Cheverus 54, Mt. Ararat 63, Westbrook 102, Gardiner 112, Edward Little 118, Brewer 141, Bonny Eagle 163, Caribou 170, South Portland 178, Morse 187.

1. Thomas Barry, Cheverus, 16:20; 2. Phil LeBreton, Brewer, 16:23; 3. Jay Meade, Mt. Ararat, 16:28; 4. Marc West, Oxford Hills, 16:31; 5. Jeff Harrison, Bangor, 16:34; 6. Zac Laidley, So. Portland, 16:37; 7. Alec Randall, Westbrook, 16:37.1; 8. Jason Carroll, Cheverus, 16:40; 9. Ryan MacDonald, Portland, 16:41; 10. Stan Webb, Mt. Ararat, 16:45; 11. Lucien Gadenour, Edward Little, 16:52; 12. Issac Hutchinson, Edward Little, 16:53; 13. Sean Berry, Gardiner, 16:54; 14. Bob Peterson, Thornton, 16:57; 15. Scott Smith, Cheverus, 16:59; 16. Robert Jones, Brewer, 17:00; 17. Jason Turner, Cheverus, 17:00.1; 18. David Cameron, Morse, 17:04; 19. Chris Leclerc, Mt. Ararat, 17:06; 20. Jeffrey Cyr, Caribou, 17:06.1; 21. Rick Charest, Westbrook, 17:07; 22. Roland Lachance, Lewiston, 17:08; 23. St. John Bowron, Bonny Eagle, 17:10; 24. Roger Dunning, Westbrook, 17:10.1; 25. Andy Alexander, Bonny Eagle, 17:10.2; 26. Jason Stontier, Gardiner, 17:12; 27. Jason Lawrence, Gardiner, 17:12.1; 28. Scott McLeilen, Westbrook, 17:16; 29. Larry Wilson, Gardiner, 17:19; 30. Tate Trautz, Cheverus, 17:22; 31. Jason Dulac, Edward Little, 17:22; 32. Jason Dupuy, Brewer, 17:23; 33. Eric Pulister, Mt. Ararat, 18:28; 34. Dan Legere, Portland, 17:28; 35. Nate Smith, Cony, 17:32; 36. Geoff Bates, Brunswick, 17:35; 37. Derek Avery, Morse, 17:37; 38. Brad Dene, Mt. Ararat, 17:38; 39. Melvin Taylor, Caribou, 17:38.1; 40. Joe Wagnis, South Portland, 17:39; 41. Matt Newton, Cheverus, 17:41; 42. Thomas Gasper, Noble, 17:45; 43. Greg Marcotte, Lewiston, 17:48; 44. Mike Callagan, Edward Little, 17:49; 45. Jesse Chase, Gardiner, 18:01; 46. Tony Murphy, Caribou, 18:03; 47. Harry Weymouth, Bonny Eagle, 18:04; 48. Shawn Sweet, Westbrook, 18:04.1; 49. Doug Kahill, So. Portland, 18:06; 50. Justin Franson, Mt. Blue, 18:08; 51. Vaughn Pinette, Caribou, 18:10; 52. Tim Bissan, Edward Little, 18:10.1; 53. Chris Bradford, Bonny Eagle, 18:11; 54. John Daigle, Edward Little, 18:11.1; 55. Perry LeBren, Brewer, 18:15; 56. Seth Denning, Cheverus, 18:15.1; 57. Joel Anderson, Bonny Eagle, 18:18; 58. Wayne Gendreau, Caribou, 18:20; 59. Matt Hodges, So. Portland, 18:20.1; 60. Jeff Hutchins, Morse, 18:20.2; 61. Matt Randall, Westbrook, 18:21; 62. Richard Gervais, Bonny Eagle, 18:26; 63. Amos Wright, Morse, 18:29; 64. Parker Morse, Morse, 18:31; 65. Adam Goetz, Caribou, 18:35; 66. Shawn Blake, So. Portland, 18:38; 67. Shawn Lafland, Brewer, 18:38.1; 68. Luan Dang, So. Portland, 18:47; 69. Mike Sellinger, Edward Little, 18:48; 70. Matt Pulster, Mt. Ararat, 18:54; 71. Eric Funk, So. Portland, 18:55; 72. Jason Gardner, Morse, 18:56; 73. Trevor Walsh, Mt. Ararat, 18:56.1; 74. Todd Albert, Caribou, 19:11; 75. Greg Thompson, Gardiner, 19:11.1; 76. Chris Ostermeder, Bonny Eagle, 19:20; 77. Jim Henry, Brewer, 19:27; 78. Dean Wellman, Westbrook, 19:37; 79. Paul Golden, Gardiner, 19:40; 80. Ben Morse, Morse, 20:03; 81. Jeff Thompson, Brewer, 20:17.

Class B Boys

Cape Elizabeth 55, Maranacook 101, Scarborough 120, Greeley 130, Gorham 163, Ellsworth 163, Kennebunk 174, Camden-Rockport 183, Mattanawcook 213, Marshwood 218, Hampden 228, Old Town 232.

1. Samuel Wilbur, Mattanawcook, 16:02; 2. Mark Burgess, Cape Elizabeth, 16:25; 3. Peter Mullen, Cape Elizabeth, 16:26; 4. Jeff Reminga, Cape Elizabeth, 16:26; 5. Mike Waldo Lisbon, 16:38; 6. Chad Sutcliff, Kennebunk, 16:44; 7. Kenneth Fongler, Scarborough, 16:50; 8. Tim Porter, Greeley, 16:53; 9. Ethan Nadeau, Lincoln, 16:55; 10. Nat Woodruff, Maranacook, 16:57; 11. Ralph Sawyer, Kennebunk, 17:00; 12. David Lamarch, Camden-Rockport, 17:04; 13. Ethan Crain, Wintham, 17:08; 14. Jon Rose, Messalonskee, 17:08; 15. Tom Noonan, Gorham, 17:09; 16. Erik Crosby, Marshwood, 17:10; 17. Adam Hobson, Greeley, 17:14; 18. Derek Raymond, Leavitt, 17:18; 19. Chad Sison, Ellsworth, 17:18.1; 20. Damon Kimball, Kennebunk, 17:18.2; 21. Sean McFall, Cape Elizabeth, 17:18.3; 22. Sam Brown, Ellsworth, 17:19; 23. Mike Sapell, Fryeburg, 17:20; 24. Charlie French, Gorham, 17:23; 25. Brian Tacon, Old Town, 17:24; 26. Matt Knox, Maranacook, 17:24.1; 27. Brett Bennett, Scarborough, 17:26; 28. Bruce Bender, Camden-Rockport, 17:28; 29. Chris Lee, Maranacook, 17:28.9; 30. Brian Strout, Maranacook, 17:30; 31. Ryan Hestey, Hampden, 17:32; 32. Sean Donegan, Maranacook, 17:36; 33. Brodie Hinkley, Scarborough, 17:39; 34. Ryan Werner, Scarborough, 17:39.1; 35. Chris Newell, Gorham, 17:40; 36. Mike Roma, Rockland, 17:41; 37. Garth Altenburg, Cape Elizabeth, 17:42; 38. Sean Bernhagen, Greeley, 17:43; 39. Nathan Hoes, Stearns, 17:44; 40. Eric Goodwin, Greeley, 17:45; 41. Chris Truworthy, Hampden, 17:45.1; 42. Carroll Lane, Maranacook, 17:47; 43. Kevin Frye, Marshwood, 17:48; 44. Rob Shea, Ellsworth, 17:49; 45. Eric Nystrom, Mattanawcook, 17:54; 46. Justin Drake, Scarborough, 17:54.1; 47. Rob Esty, Marshwood, 17:58; 48. Derek, Tredwell, Old Town, 17:59; 49. Jon Woodruff, Maranacook, 17:59.1; 50. Rusty Johnson, Cape Elizabeth, 18:05; 51. Eric Powers, Camden-Rockport, 18:07; 52. Andrew Libby, Scarborough, 18:09; 53. Jeff Tapley, Hampden, 18:17; 54. Adam Gals, Ellsworth, 18:18; 55. Tom Woodman, Greeley, 18:19.1; 56. Alvin Philbrook, Mattanawcook, 18:28; 57. Jason Mellar, Gorham, 18:29; 58. Steve Connor, Ellsworth, 18:30; 59. Joe Laberge, Cape Elizabeth, 18:35; 60. Paul Dougherty, Marshwood, 18:36; 61. Sean Galipeau, Camden-Rockport, 18:37; 62. Fred Oegood, Old Town, 18:37.1; 63. Abbie Dunn, Old Town, 18:39; 64. Ray Barnes, Gorham, 18:40; 65. Jamie Douglass, Gorham, 18:43; 66. Jason Higgins, Ellsworth, 18:45; 67. Shawn Plozman, Scarborough, 18:45.1; 68. Ben Kimball, MDI, 18:46; 69. Jason Chastang, Hampden, 18:47; 70. Scott Teal, Marshwood, 18:48; 71. Tyce Toothache, Hampden, 18:50; 72. Peter Petter, Ellsworth, 18:52; 73. Brett Sioyall, Old Town, 17:44; 74. Keith Marino, Camden-Rockport, 18:59; 75. James Reith, Mattanawcook, 19:04; 76. Jared Johnson, Camden-Rockport, 19:08; 77. Jeff Farwell, Gorham, 19:12; 78. Thad LaValle, Maranacook, 19:27; 79. Ian Edwards, Mattanawcook, 19:27.1; 80. Jason Leach, Kennebunk, 19:44.1; 81. Bill O'Brien, Camden-Rockport, 19:56; 82. Stephen Cole, Hampden, 19:59; 83. Ben Wentworth, Kennebunk, 20:00; 84. Dan Erickson, Greeley, 20:05; 85. Chris Bragdon, Greeley, 20:07; 86. Ben Rivers, Hampden, 20:11; 87. Eric Beaudoin, Old Town, 20:17; 88. Jason Lovett, Kennebunk, 20:32; 89. Chris Foster, Marshwood, 20:36; 90. Earl Smith, Kennebunk, 21:13; 91. Ken Volock, Old Town, 21:38.

Class C Boys

Wiscasset 78, Jay 126, Jonesport-Beals 127, Traip 144, Orono 157, Yarmouth 157, Hall-Dale 202, Schenck 220, Sumner 229, Dirigo 230, Washburn 290, Mt. Abram 294, Seaside 298, Washington 300, Averill 318, Narragansett 347.

1. Scott Loomis, Yarmouth, 16:28; 2. Casey Carroll, Yarmouth, 16:45; 3. Derrick Kelley, Jonesport-Beals, 16:48; 4. Nate Clark, Wiscasset, 16:54; 5. Chris Redman, Dirigo, 16:55; 6. Jamie Frost, Jay, 17:04; 7. Orin Fletcher, Traip, 17:07; 8. Tom Abello, Wiscasset, 17:11; 9. Andy Seeley, Shed, 17:18; 10. Kirk Cole, Limestone, 17:21; 11. Chad McDonald, Jay, 17:26; 12. Greg Hodgdon, Wiscasset, 17:28; 13. Matt Sucec, Orono, 17:29; 14. Edward McReavy, Schenck, 17:30; 15. Franklin Smith, Jonesport-Beals, 17:39; 16. Mike Biqos, Traip, 17:44; 17. Eric Jones, Hall-Dale, 17:46; 18. Ryan White, Orono, 17:46.1; 19. Sal Reizer, George Valley, 17:46.2; 20. Nathan Miscood, Telstar, 17:48; 21. Garth Hudson, Sumner, 17:49; 22. Scott Chelidon, Mt. Abram, 17:50; 23. Jim Perry, Hall-Dale, 17:50.1; 24. John Francis, Washington, 17:50.2; 25. Terrance Hartford, Washburn, 17:50.3; 26. Joe Vaillancourt, Washburn, 17:50.4; 27. Ricky Sperrin, Schenck, 17:52; 28. Josh Galowski, Wiscasset, 17:52.1; 29. Jeff Conant, Dirigo, 17:52.2; 30. Chad Frost, Monmouth, 17:57; 31. Shawn Alley, Jonesport-Beals, 17:58; 32. Jeff Leighton, Falmouth, 17:58.1; 33. Eddie Sanborn, Seaside, 17:59; 34. Ernie Mudgett, Orono, 17:59.1; 35. Mike Horowitz, Seaside, 18:05; 36. Brian White, Yarmouth, 18:09; 37. Parker O'Halloran, Hall-Dale, 18:19; 38. Mike Lewis, Wiscasset, 18:23; 39. Cliff Howard, Mt. Abram, 18:24; 40. Jason Wood, Washington, 18:27; 41. Michael Miragliuolo, John Baptist, 18:30; 42. Jason Monday, Traip, 18:33; 43. Mike Wright, Jay, 18:35; 44. Matthew Gilbert, Jay, 18:35.1; 45. Chris Parker, Jay, 18:37; 46. Zachary Scott, Traip, 18:38; 47. Scott Cumming, Wiscasset, 18:39; 48. Terry O'Neal, Orono, 18:39.1; 49. Braden Alley, Jonesport-Beals, 18:41; 50. Joe Moore, Jonesport-Beals, 18:45; 51. Adam Turner, Hall-Dale, 18:46; 52. Steve Zorick, Sumner, 18:47; 53. Preston Alley, Jonesport-Beals, 18:47.1; 54. Elmer Deane, Seaside, 18:50; 55. Todd West, Hinkley, 18:52; 56. Daniel Hoke, Sumner, 18:53; 57. Kal Nigro, Narragansett, 18:55; 58. Jonathan Rivers, Traip, 18:55.1; 59. Andrew Long, Schenck, 18:57; 60. Alex Kamilowicz, Yarmouth, 20:19.1; 61. Jamie Larch, Traip, 19:00; 62. Mike Kennedy, Sumner, 19:02; 63. Justin Carter, Hinkley, 19:02.1; 64. Chrysler Farfield, Wiscasset, 19:07; 65. Ken Fing, Hinkley, 19:08; 66. Keith Gagnon, Dirigo, 19:08.1; 67. Christine Lyford, Washington, 19:08.2; 68. Finn Riley, Orono, 19:10; 69. Aaron Kanop, Mt. Abram, 19:11; 70. Mike Church, Sumner, 19:17; 71. Adam Landry, Schenck, 19:17.1; 72. Scott Citro, Hinkley, 19:17.2; 73. Cameron Hammond, Narragansett, 19:21; 74. Justin Deri, Orono, 19:22; 75. Shad Glover, Dirigo, 19:29; 76. Ryan McLaughlin, Schenck, 19:31; 77. Caleb Jolley, Sumner, 19:32; 78. Daniel Smith, Yarmouth, 19:35; 79. Charles Dalton, Narragansett, 19:37; 80. Sam Dunn, Dirigo, 19:38; 81. Chris Graves, Traip, 19:42; 82. Zoro Betzell, Dirigo, 19:40.1; 83. Ryan Freeman, Dirigo, 19:43; 84. Michele Look, Narragansett, 19:45; 85. Mike Beaulieu, Jay, 19:48; 86. Troy Heald, Washburn, 19:54; 87. Gerald Caron, Schenck, 20:02; 88. Andy Churchill, Washburn, 20:04; 89. Thomas Downing, Narragansett, 20:06; 90. Stephan Day, Washington, 20:08; 91. Mike Mitchell, Jay, 20:4; 92. Chris Deveau, Schenck, 20:16; 93. David Brewer, Orono, 20:16.2; 94. Peter Johnson, Washburn, 20:19; 95. Chris Bishop, Sumner, 20:19.1; 96. Jeff Andrews, Mt. Abram, 20:23; 97. Ed Porter, Seaside, 20:24; 98. Bernie Newell, Hinkley, 20:32; 99. Robert Masterson, Mt. Abram, 20:33; 100. Sean Hammond, Hall-Dale, 20:34; 101. Tommy Reynolds, Hinkley, 20:34.1; 102. Andrew Moore, Yarmouth, 20:43; 103. Kevin Hartford, Washburn, 20:50; 104. Lorrie Gregory, Hall-Dale, 20:53; 105. Alan Moore, Yarmouth, 20:54; 106. Eric Chase, Mt. Abram, 21:00; 107. John Chipman, Narragansett, 21:04; 108. Tony Rosco, Hinkley, 21:06; 109. Chris Smith, Narragansett, 21:16; 110. Keith Labonte, Washington, 22:23; 111. Josh Maker, Washington, 22:43; 112. Dean Bredon, Washburn, 23:16; 113. James Cogswell, Seaside, 23:22; 114. Tom Carter, Mt. Abram, 24:22; 115. Josh Piccinelli, Hall-Dale, 25:35.

MR&O'S 1989 RUNNERS OF THE YEAR



GREG HALE

2nd - Ekiden Qualifier (2/26) 14:54.5
 1st - Blood, Sweat & Cheers 5K (6/18) 14:32
 1st - Sentinel 10K (9/17) 30:01
 1st - Back Bay 4M (10/15) 19:06
 2nd - Great Pumpkin 10K (10/29) 29:54 (*1st Maine runner*)



TINA MESERVE

1st - Kingfield 10K (9/23) 36:58
 1st - Women's Distance Festival 5K (10/1) 17:49
 1st - Back Bay 4M (10/15) 22:41
 1st - Great Pumpkin 10K (10/29) 35:54

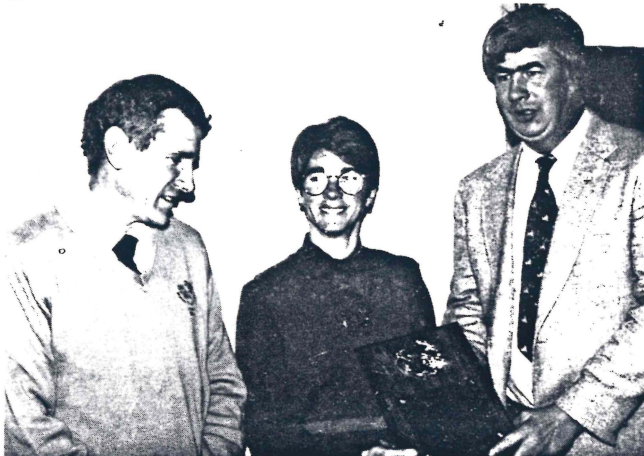
HS STATE CHAMP WINS COUNTY HONOR



Caribou High's Darcie McElwee (center), the winner of the Class A Cross-Country Championship in October, was named Aroostook County's Outstanding Runner for 1989. Presented by the Aroostook Musters, the honor also carries the Sam Ouellet Trophy. Ouellet (right) and Conrad Walton (left) presented the awards.



THE
YEAR
IN
REVIEW



THE
YEAR
IN
REVIEW

THE
YEAR
IN
REVIEW



A RECREATIONAL RUNNER'S PERSPECTIVE

Dear MR&O,

Please read our article that we have written. We hope you find it interesting, amusing and worthy of publishing. We really enjoy your magazine a lot and will resubscribe next year. We noticed that a lot of your articles feature top-notch runners; 14-minute 5K runners all the way up to the ultra-marathon kings. For a change of pace, we thought we would write an article about truly honest, every day recreational runners.

Running is a very special part of our lives. We like it because it does keep the weight off without completely starving ourselves. It even allows us to have a beer afterward without worrying where the 150 calories are going to land.

Counting the both of us, we have enough children to start our own baseball team - HONEST. This is another benefit of running - adults coping with many children entering the puberty stage should definitely be listed as one of the many results a runner will feel from his or her "high."

And in our glory and pride, most of the "gang" does like to trot along with us now and then and they do respect the outcome of a nice run: good chit-chat and beautiful scenery.

We don't imply that we are top runners in the state of Maine. We aren't, but sometimes after a 5-mile run we feel that we are. You may see our name in the race results, generally in the middle of the pack, but always together. (Kelly does let me finish in front of her just to make me feel good...)

You may recognize us at different races around the state - we are the ones with our own cheering section - 6, 8, 10 or 12 kids, all according to how many friends they have brought along. (And again to our glory and pride, our 14-year-old son Jon entered his first race in Bar Harbor and did a beautiful job last spring.)

Running was probably one of the biggest things we had in common. This was something that led us to make our first date. We had talked about running up a mountain, which we soon did - Waldo Mountain in Frankfort. Our second bout

with a mountain was in Phoenix, Arizona...our first run with badly wanted new running shoes.

This was the scene - while on vacation we searched all over for the best price on Nike Air Stabs and found them at the Triathlon Store in Phoenix. Larry's and my idea for our premiere run were quite different - running one mile up hill in 104-degree heat was the direct opposite of my nice 4 or 5 mile run through the outskirts of Phoenix.

Believe me, I spoke my piece. All the way up. All the way down. And then some because once we reached the bottom, we went that nice 4 or 5 miles in 104-degrees. We had the time of our lives and laugh, boy, did we laugh and we will never forget our feelings.

We feel that there has to be a lot of runners who have a common bond with us - that drive to run for health, fitness, mental well-being and for the kick of it. We like to run everywhere - all different routes and surfaces. We work 12-hour days. At night we get our fluorescent orange on and run by the cows grazing near our SD Warren plant in Hinckley. After working all night, this cannot be so unusual for those who find relaxation, comfort and accomplishment in running together.

With the new year approaching and many more miles to run (and enjoying every step), we look up to our mentors and wish that someday Rodgers' and FloJo's times would be well behind our's, but with that only being a dream to think about and to give us that extra push when we need it, we are thankful there is something in our lives that we both do together that benefits every walk of our time on this earth, as well as our family's.

And if we see you on the road and you're doing your first mile ever or your 20-mile run of the week, we'll smile and wave because we know how good a thing you have got going for yourself.

Larry and Kelly Leach
Skowhegan



See The Foot Experts
At Sports East

SPORTS EAST SELLS FOR LESS!

*Maine's Biggest Inventory
of Running & Walking Shoes!*



JUST DO IT.

TOPSHAM FAIR MALL 729-1800

TOPSHAM/EXIT I-95

NEW YEAR'S DAY CHALLENGE ON BOG LAKE

15

EVENT: Bog Lake Triathlon Challenge

- (1) 3 to 10 mile social run,
- (2) Dunk through the ice into Bog Lake,
- (3) Eating with reckless abandon.

WHEN: January 1, 1990 @ 10 AM

WHERE: Mike & Cathy Carter's on Bog Lake off Route 192 in Northfield, ME. (9 miles south of Wesley and 11 miles north of Machias)

WHO: Anyone able to complete the above and family & friends.

WHAT TO BRING: Warm, dry clothes; casserole for smorgasbord, beverages, sweets, etc.

WHEN TO COME: Monday morning or earlier in the weekend. (overnight accommodations available - bring sleeping bags)

ALSO: There will be a unique T-shirt available for sale to the first 24 to commit to all three events.

OTHER ACTIVITIES: Depending on snow conditions - SPA available after dunk, x-country skiing, skating, etc. are possible.

FROM THE DIRECTOR: The third annual Bog Lake Triathlon Challenge will take place on Monday, January 1 1990. There were 17 triathletes last year. Why not start the year (and the decade) off right with a run, dunk and eat triathlon? This is strictly a non-competitive social event to kick off the "New Year" of running goals. After completing the triathlon, the rest of the year will be down hill.



One of the triathletes surfaces after the dunk.

This event is truly a fun time and a great chance to become one of an elite group of nonconforming, overeating, somewhat insane runners. Make your resolution at Bog Lake with a fun-loving group of friends.

CONTACT: Mike or Cathy at 255-3843 (eve).



RUN, RUN, RUN, RUN, RUN, RUN, RUN,





SPORTS NUTRITION

by Anne-Marie Davee

JUMP ON THE OAT BRAN WAGON

It's everywhere, it's everywhere - it's oat bran. Today's fiber furor has Americans gulping down oat bran in all shapes and sizes. Cereal manufacturers are introducing cereals; hot and cold, new and old; that are fortified with oat bran. Now there's oat bran breads, bagels, muffins, crackers and even doughnuts.

Why all the fuss? Current research shows that just one cup of oatmeal or two-thirds cup of oat bran per day will significantly lower blood cholesterol levels. Oat bran is a soluble-type fiber which appears to actually reduce the "bad" or LDL-cholesterol. This effect is particularly important for those individuals considered to be at high-risk for developing heart disease.

Sorry folks, but there is no magic bullet. Consuming oat products on a daily basis will not in itself do the trick. Individuals who eat oat items as part of a well-balanced diet are much more likely to lower their risk than those who are eating them along with a high fat diet. A daily diet which reduces total fat, particularly saturated (animal) fats, is still the primary focus for cholesterol control.

Oat bran is effective over TIME. This means that an intermittent dose of oats will not produce the same positive results as a daily one. You must be regular to reap the benefits.

If you're considering making oat-based products a daily food choice, I suggest the following:

(1) READ THE LABEL. Check out the total fat per serving and the type of fat. Look for saturated fats like coconut oil or hydrogenated vegetable oils

in the ingredient list which may counter the benefits of oat bran. If there is more than three grams of fat per 100 calories, put it back.

(2) FIND THE FIBER. Pass over the refined grains which provide zero grams of fiber per serving. A good fiber source should offer at least three grams of fiber per serving. The National Cancer Institute recommends a total daily intake of 20-35 grams of fiber.

(3) WHERE IS THE OAT BRAN? The ingredient listing provides items by order of amount, from the most to the least. Oat bran should appear near the top.

(4) HOW SWEET IS IT? Cereals that promise enticing tastes of maple, honey, brown sugar, apples and raisins, etc. - watch out. It surely means added sugar which adds "empty" calories. Skip the fancy flavors and add your own raisins, bananas, yogurt and cinnamon.

(5) BEWARE OF THE QUICK FIX. "Instant" or "quick" translates into added salt and often less nutrition. In actuality, the time saved in cooking is not that great. Opt for cereals sold in large containers which may also save you money.

Most important, get back to basics. Eat oat bran without all the fluff. Start your day with a good bowl of hot cereal or make your own muffins with plenty of the real thing and not lots of fat. Read the label and you will set a better table.

Anne-Marie Davee, M.S., R.D., L.D.

RR#1 Box 1653

Bowdoinham, ME 04008



FROM MARATHON TO TRIATHLON TO FUN RUN

WE HAVE ALL YOU NEED FOR THE EVENT.

IMPRINTED RUSSELL ATHLETIC T'S & SWEATS

TROPHIES · MEDALS & RIBBONS

TOWELS, BAGS, AND MUCH MORE.

9 Westminster Street
Lewiston, Maine 04240
(207) 786-2931





HEEL & TOE

by Dr. Moshe Myerowitz

17

WALKING IS MAN'S BEST MEDICINE

Approximately 2,400 years ago Hippocrates wrote "Walking Is Man's Best Medicine." His advice and prescription for good health still applies today.

In modern society doctors write too many prescriptions in an effort to cure disease, rather than advising patients to engage in exercise in order to contribute toward preventing disease.

Knowledgeable sources feel that the next major breakthrough in medicine will come through changes in our individual lifestyles and not through anything that doctors or drugs can do for us.

Even today not enough doctors are advocating vigorous exercise for enough of their patients. Unfortunately, many are poor examples of good health. They smoke too much, eat and drink too much and exercise too little. Such as it is, most of us must fend for ourselves in our efforts to become fit through exercise.

Hippocrates advise deserves serious attention.

- * Racewalking will contribute to your general well-being
- * Racewalking will improve your physical appearance;
- * Racewalking contributes to preventing heart disease;
- * Racewalking improves stamina;

* Racewalking burns calories and consequently, you lose pounds and inches;

* Racewalking helps strengthen muscles and other body tissues;

* Racewalking will help release tension and anxieties;

* Racewalking will help develop more efficient blood circulation;

* Racewalking will help the body use oxygen more effectively;

* Racewalking will help you remain alert and vital;

* Racewalking helps strengthen your bones;

* Racewalking tones the system and improves posture;

* Racewalking provides you with the stamina in sexual activities.

As with other sports, the fitness gained from racewalking fades very rapidly when training is discontinued. The human body is a machine that deteriorates when it is NOT used. It is the one machine that most often works better the MORE it is used.

Our bodies are built for movement, specifically walking. Most of all the major muscles in the human body are used when engaging in walking. Walking is the most natural, the easiest and the most efficient exercise that a human being can engage in.

LIFE  SPORTS
OF MAINE

OUTDOOR/INDOOR

CLOTHING
EQUIPMENT

"An Interesting Place To Shop"

34 High St., Ellsworth 667-7819 OPEN
27 Main St., Bar Harbor 288-9641 7 DAYS



MYEROWITZ CHIROPRACTIC CENTER

Services include:

- * scoliosis screening & care
- * non-surgical disc reduction procedures
- * treatment of accident and work related injuries (Musculoskeletal)
- * acupuncture (by certified doctor)
- * pre-employment examinations * other non-drug, non-surgical services
- * sports oriented doctors



Corner of W. Broadway
and Main St.
Lincoln, Maine 04457
794-3332

1570 Broadway
Bangor, Maine 04401
947-3333

1-800-942-CURE or CALL COLLECT
By Appointment

PACELINE

by Christopher Bovie

Another biking season has come to an end. It is even a rough time of the year for mountain bikers, unless they wish to be mistaken by a Massachusetts hunter for a scrawny deer. (Those spokes just don't dress out very well these days.)

It has been a very good year for Maine bikers and races. We have witnessed the blossoming of Maine's premier racer, be it on foot or bike, in this year's Tour de France.

The Tour de France this year was one of the most memorable Tours ever with Lemond's remarkable win. It was so unfortunate that everybody focused on the men's race. There is another story out there waiting to be heard. It is screaming for headlines. We all wait for the day Velo News will be as quick to pick up on the women's races as they do the men's races.

Maine's Susan Elias, in only her fourth year of racing big time, won the points race at this year's Tour. Susan was supported by a very, very good U.S. women's team in France. It was a team race all the way as they worked hard to see Susan win the points race. A teammate called Susan "the best racer in this year's Tour de France."

Hopefully Sue will find the time to relax a bit in the off-season, after spending days after days, miles after miles, riding the mountains in West Virginia. Sue deserves all the accolades she can get and she is only going to get better.

But, there were some sad spots this summer as well - most noticeably the failure of the Augusta YMCA to revive the Maine Event Triathlon and the major crash at the Tour de Acadia in September. The crash at Acadia was a very unfortunate circumstance. It was not caused by a biker's mistake, but by a very confused motorist.

Keep the shiny side up and the rubber on the ground.

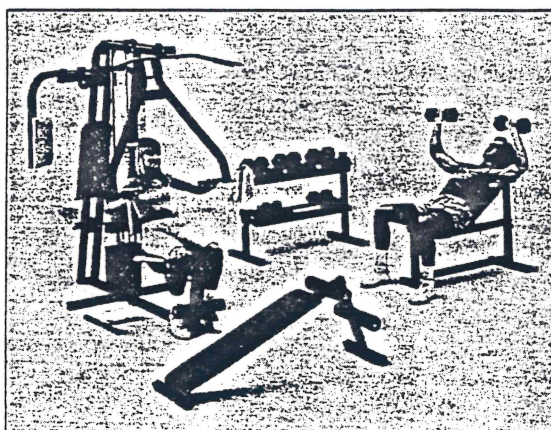
GRAND OPENING OF OUR LARGER NEW STORE!

★ Union Station Plaza ★

St. John Street — Near Maine Hardware Store

Come In — Try Out Our Equipment Yourself!
Great New Showroom! Work-Out Wear! Supplements

GIVE YOUR BODY A LIFT.



With a complete home workout gym including the BodySmith Xpress-weight stack unit; Flat and Incline bench; Dumbbell Rack; and Portable Sit-up bench. Each piece is built to last and is affordably priced for the home. If you're serious about getting into shape, lift off with BodySmith.

In-Home Fitness **BODYSMITH**
from ParaBody, Inc.

AMPLE
FREE
PARKING
Open 7 Days!

Maine's Only Specialty
Fitness Store...



You May
WIN!

X-Country
Ski Machine
\$400 Value!

Register at store...
No obligation!

- Treadmills
- Climbers
- Skiers
- Much More!

PRECOR

Lifecycle
Authorized
Dealer

We Do
Corporate
Gyms



WORKOUT FITNESS STORE

UNION STATION PLAZA, St. John Street, Portland, 772-7110

SKI FOR CAMP RAINBOW

On Saturday, January 20 you'll have the opportunity to get a great ski workout and win prizes. At the same time you contribute to CAMP RAINBOW.

CAMP RAINBOW is a free summer camp for Maine kids who have or have had cancer, and their families. It is run by the American Cancer Society.

The "Backwoods Burner" is a new cross-country tour and race to be held at Mt. View Farm (at Squaw Mountain in Greenville) as part of a whole weekend of events to benefit CAMP RAINBOW. Other fund-raising events that weekend include giant slalom races between Maine Firefighter teams and a snowmobile Poker Run.

The "Backwoods Burner" will feature both a medium and a short distance race. You can enter either the 15K or 5K for a fee of \$6.00, which will be directly donated to CAMP RAINBOW.

Both events will begin at 11 AM with a mass start. Trails will be groomed for both skating and classical and there will be water available on the 15K route. Awards will be presented to the top 3 finishers in all age-groups, as well as overall winners and a bib raffle of prizes donated by area businesses.

For more information, or if you wish to help with this event, contact race director Linda Koski in Greenville at 695-2220 or 3668; or Jean Weatherbee of the ACS in Brewer at 989-6550.



* Bicycle Sales & Repair
* Cross Country Skis
Sales & Rentals
* Exercise Equipment
Schwinn Exercise Bike Sale
Reg. \$300.00 Sale \$245.00

The Bike Gallery

441 Main St. • Rockland Me. • 04841

Mon-Sat
594-0687



Runners, Look Your Best!



Long Sleeved T-Shirts

Great for Winter Races and Promotions.

We screenprint on the front, back and sleeves for the best looking shirt possible.

Bring in your design or have our art department help you develop one.

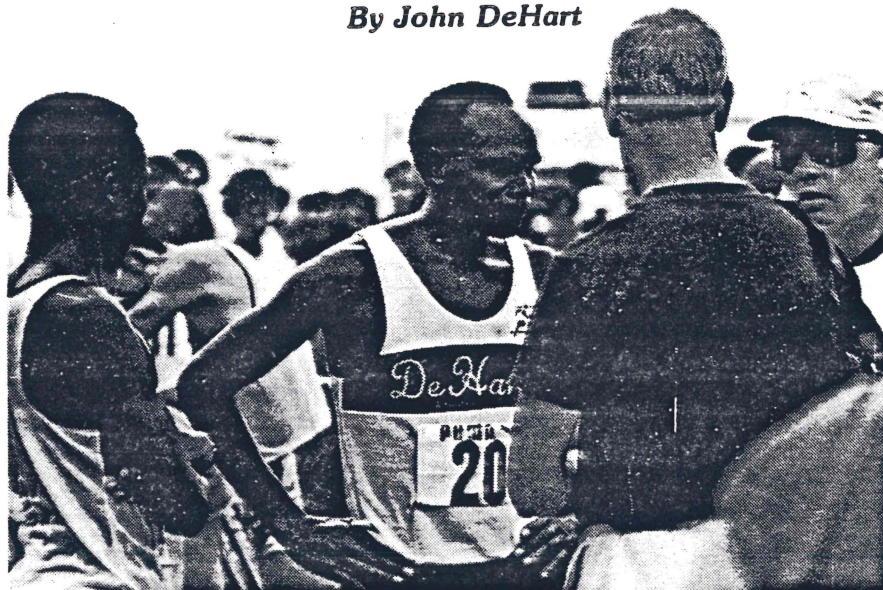
Quality 50 poly/50 cotton, name brand tees.

Commercial Screenprint, Inc.

114 Main Street, Bangor, Maine
Tel. (207) 942-2862

RENT A COACH

By John DeHart



DeHart reviewing race results with clients Henry Rono and Ibraheim Hussein.

OBJECTIVE

John DeHart feels nobody with the drive, ambition and determination should be denied the opportunity to reach out and identify with their full potential and participate in a program designed to help them reach it.

GOALS

To make the most of your schedule and improve performance and increase effectiveness at virtually every level of fitness.

WHO SHOULD JOIN?

Beginners - Intermediate - Advanced
-National - Elite - Men - Women
-Children.

BENEFITS YOU WILL ENJOY

- A serious approach
- Individualized programs
- One-on-one coaching
- Guaranteed results
- Quality service
- Experience with all levels

A FEW CLIENT PERFORMANCES

5K - 16:50 15:43; 10 Mi - 59:18
1:31:10 50:42; 5 Mi - 28:30 28:59
23:11; 15K - 55:41; 10K - 28:04 36:30
35:50 51:50; 26.2 - 2:11:43 2:19:12
2:58:45 4:14

John DeHart will provide you with the assistance you've been looking for all along.

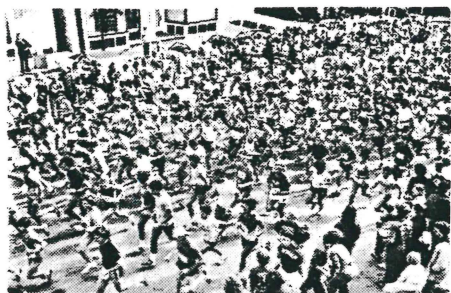
Call Today For FREE Consultation

781-2671

Tennis of Maine

196 U.S. Rt. 1

Falmouth, ME 04105



7TH CELEBRATE GORHAM 3M
Gorham July 8

1. Ken Botting	14:48
2. Roland Thibault	15:21
3. Lisa Wakem	16:38*
4. Kevin Gile	16:45
5. Dennis Smith	16:49
6. Kevin Jenkins	16:52
7. David Peterson	16:53
8. Joe St. Hilaire	18:05
9. Les Berry	18:10
10. Eric Ellis	18:21
11. John Thibault	18:32
12. Eric Sandin	18:55
13. Craig Robinson	18:56
14. Shaun Scribner	18:57
15. Robert Green	19:07
16. Randy Moore	19:14
17. Steve Watts	19:36
18. Dave Esty	19:52
19. Terry Rundlett	20:09
20. Laurie Nicholas	20:25*
21. Malcolm Pottle	20:35
22. Wilbur Spencer	20:43
23. Michael McDonald	20:47
24. Russell Giasson	20:55
25. Stephen Martin	21:40
26. Bob Perkins	21:41
27. unknown	
28. Philip Meyers	22:04
29. Mike Shaw	22:26
30. Betty Barber	22:27*
31. Carolyn Bowers	22:28*
32. Hank Goldman	22:45
33. Clark Reynolds	22:54
34. Vicki Warman	22:58*
35. Bill Gayton	22:59
36. Steve Bouthot	23:24
37. Tim Mannette	23:32
38. Dale Smith	23:52
39. Linda Hunt	24:32*
40. Rodney Stanley	24:57
41. OK Hammond	25:43
42. Mark Jewell	26:32
43. Paul Peters	26:43
44. Theresa Jewell	26:48*
45. Frank Long	28:35
46. John Rodley	32:05

Results courtesy: Gorham Arts Council

18TH OLD HOME DAYS
PANCAKE 4.2M RUN
Buxton July 15

1. Dan McManus	22:26
2. Roland Thibault	22:33
3. Rick Licht	23:34
4. Conrad Labelle	23:52

5. Lisa Wakem	24:07*
6. Peter Flaherty	24:24
7. Don Wilson	24:24
8. Richard Scribner	24:51
9. Joel Andersen	25:03
10. Brodie Hinckley	25:13
11. Donna Hubert	25:24*
12. Rick Morrill	25:55
13. David Smith	26:05
14. Les Berry	26:10
15. Bob LaNigra	26:23
16. Gary Barton	26:25
17. Joe St. Hilaire	26:26
18. Todd Shearer	26:35
19. Andy Libby	26:35
20. Justin Drake	26:49
21. Jay Mullin	27:04
22. Michael Flaherty	27:35
23. Paul McDonough	27:47
24. Randy Moore	27:57
25. Glenn Morin	28:35
26. Willie Emmons	29:09
27. Carol Pierce	29:14*
28. Henry Wolstat	29:21
29. Shawn Gervais	29:26
30. Kristin Lindholm	30:00*
31. Marla Keefe	30:43*
32. Mike McDonald	30:45
33. Eric Labelle	30:45
34. Peter McDonald	30:48
35. James Fasulo	30:59
36. Russell Giasson	31:31
37. Susie Childs	31:32*
38. Lori Brown	31:35*
39. William Coule Jr.	31:41
40. David Booth	32:23
41. Rene Goupil	32:27
42. Mark Levesque	32:30
43. Lee Nicely	32:47
44. Patty Dobriko	33:18*
45. Bob Cushman	33:56
46. Donald Johnson	34:04
47. Clark Reynolds	34:26
48. Walter Flint	35:26
49. JR Reynolds	35:33
50. Tim Mannette	35:52
51. Linda Hunt	35:55*
52. Dee Nicley	36:09*
53. Rod Stanley Sr.	36:10
54. Brandon Reynolds	36:24
55. Bob McGrew	36:52
56. Lawrence McGrew	36:52
57. Lori Demers	37:14*
58. Karen Licht	37:25*
59. Deborah Smith	37:28*
60. Robbie Harris	37:54
61. John Griffin	38:03
62. Debbie Tefft	38:05*
63. Mark Moreau	38:08
64. OK Hammond	38:08
65. Heidi McDonald	38:18*
66. Valerie Gacioch	38:29*
67. Bill Rinaldi	38:41
68. Brenda Cushman	38:53*
69. Kathy Esty	39:16*
70. Janet Mullin	39:21*
71. Faith Harris	39:52*
72. Norman Forbes	40:16
73. Zachary Hunt	42:24
74. Chris Conn	45:07
75. Tim Conn	45:09
76. Belinda Meserve	45:12*

77. Carrie Moulton	46:45*
78. Larry Dimitri	46:47

Results courtesy of Richard Scribner

1989 MUSTERD MILE
Caribou July 22

1. Pierre Bouleay	4:16
2. Willie Thompson	4:23
3. Bob Everett	4:24
4. Bruce Freme	4:26
5. Greg Wardwell	4:28
6. Dan Harrigan	4:33
7. Darin Sandin	4:38
8. Jeff Holmes	4:39
9. Paul Lamoreau	4:40
10. Ed Malone	4:43
11. Robbie O'Day	4:49
12. Steve McDonald	4:50
13. Paul Libby	4:54
14. Darren Clendening	4:56
15. Frank McElwain	4:59
16. Roy Alden	5:01
17. Yvon Picard	5:03
18. Jim Nesbitt	5:11
19. Garth Cushman	5:23
20. Jaime Good	5:29
21. Darcie McElwee	5:29*
22. Rachael Cleaves	5:30*
23. Dan Rinehart	5:43
24. Lendel Johnson	5:48
25. Ed Green	5:58
26. Dave Maxcy	5:58
27. Charles Bernard	6:09
28. Lou Picard	6:12
29. Ted Pierson	6:32
30. Victor Rodriguez	6:43
31. CJ Bernard	6:43
32. Ed St. John	6:49
33. Ralph McElwain	6:50
34. Etta McDonald	6:57*
35. Milton Bailey	7:27
36. Aurele Ouelett	8:14
37. Randy Cushman	9:10
38. Mike Anderson	11:25
39. Anita Duprey (W)	11:26*
40. Roberta Walton (W)	11:26*

Results courtesy of Neal Genz

MOONLIGHT MADNESS 3M
Farmington July 28

1. Todd McGraw	14:46
2. Jeff Meserve	15:09
3. Danny Paul	15:30
4. Gordon Hartwell	15:42
5. Dennis Croteau	16:10
6. Wendell Blood	16:17
7. Russell Chretien	16:21
8. Randy Hastings	16:31
9. Jeff Brown	16:55
10. Tina Meserve	17:03*
11. Duane Blometh	17:07
12. John Manzer	17:20
13. Dick Hoisington	17:37
14. Gerry Mirabile	17:40
15. Jay Lindsey	17:40
16. Jamie Frost	17:43

17. Ben Yates	17:51	89. Harvey Mason	27:08	54. Victor Tedford	27:02
18. Greg Parlin	17:53	90. Mike Mason	28:20	55. Tim Aron	27:03
19. Bob Wight	17:55	91. Jennifer Grimes	29:16*	56. unknown	
20. Michael Mozden	17:58	92. Cedric Simpson	30:14	57. Kevin Wright	27:15
21. Denis Poulin	18:03	93. Paula Lannon	30:22*	58. Glenn Allan	27:22
22. John Bean	18:04	94. Scott Stevens	30:37	59. Johanna Morgan	27:27*
23. Dave McManus	18:09	95. Linda Benn	30:38*	60. Sean Clark	27:31
24. Wayne Newton	18:23	96. Donald Tripp	31:35	61. Bob Osthuus	27:35
25. Jim Flagg	18:25	97. Michael Girardin	32:09	62. Maureen Sproul	27:42*
26. Byron Cook	18:27	98. Ruth Lyons	33:30*	63. Michael Thomas	28:04
27. Chris Parker	18:56	99. Greg Stevnes	38:28	64. Bruce Werner	28:16
28. Mike Greenleaf	18:59	100. Kandi Laney	38:31*	65. Joe Zilinsky	28:19
29. Bob Bachorik	19:06			66. Lorenz Spaargaren	28:22
30. David Benn	19:06			67. Mike Goodwin	28:27
31. Brian Kelly	19:10			68. Hilary Bramwell	28:34*
32. James Maxham	19:11			69. Jim Tees	28:37
33. Dale Riordan	19:20			70. Mark Chag Jr.	28:42
34. Raymond Bryant	19:50			71. John Murphy	28:47
35. Matt Gilbert	19:58			72. Liam McCoty	28:48
36. Ken Ellingwood	20:01			73. Kellie Thibodeau	28:49*
37. Peter Fredricks	20:05			74. Peter Senghas	28:49
38. Craig Taridff	20:08			75. Jeff Connell	29:05
39. Richard Smtih	20:16			76. Kingsley Durant	29:05
40. Dennis Hayes	20:20			77. James Close	29:08
41. Phillip Jackson	20:25			78. David Suitor	29:18
42. Amanda Onion	20:28*			79. Krista Purinton	29:19*
43. Geoffrey Hill	20:29			80. Becky Wallace	29:21*
44. Pete Richardson	20:30			81. Livy Haskell	29:21*
45. Lee Rossignol	20:37			82. Bill Wood	29:23
46. Bruce Goulette	20:42			83. Ken Leonczyk Jr.	29:25
47. Craig Shumock	20:44			84. Steve Cushing	29:30
48. Rick Bowen	20:48			85. Noel Thurlow	29:31*
49. Steven Cornelio	20:52			86. Bob Macone	29:32
50. Karen McCann	21:09*			87. Don Walkwitz	
51. Bill Yates	21:13			88. Chris Jones	29:41
52. Walter Viles	21:14			89. Nancy Millen	29:42*
53. Leah Yates	21:16*			90. Debbie McCleery	29:48*
54. Dennis Morrill	21:24			91. Craig Canedy	29:49
55. Dave Grant	21:26			92. Bucky Roberts	29:49*
56. Coleen Jackson	21:28*			93. Dan Stern	30:01
57. Rodney Therrien	21:36			94. Jack McCleery	30:04
58. Mike Viles	21:48			95. David Salerno	30:10
59. Rusty Learned	21:59			96. Michael Kriesel	30:30
60. Chris Probert	22:05			97. Dana Stetson-Reed	30:40
61. Kristin Kuklinski	22:05*			98. Juan Rendon	30:41
62. Jarod Rossignol	22:14			99. Chris Stevens	30:42
63. Scott Read	22:29			100. Larry Sturdivant	30:47
64. Marie Crocker	22:32*			101. John Maxell	30:52
65. Jim Jacques	22:34			102. Bernie Roberts	30:52
66. Tim Cummings	22:59			103. Stan Blane	30:55
67. Lynn Henderson	23:01*			104. Dale McDaniel	31:02
68. Meg Gould	23:03*			105. unknown	
69. Carol Nichols	23:03*			106. William Flynn	31:13
70. Rob Bachorik	23:22			107. Russell Giasson	31:14
71. Cindy Ellingwood	23:34*			108. Missy Watkins	31:15*
72. Ben Hoisington	23:46			109. Jeanie Fritts	31:16*
73. John Vallee	23:57			110. Laurel Horne	31:25*
74. Matthew Lane	24:30			111. Jamie Arsenaault	31:29
75. Kristin Cook	24:05*			112. Joe Nappi	31:35
76. Theresa Pratt	24:06*			113. Marilyn Salerno	31:36*
77. Heather Thompson	24:09*			114. Andy Kaufman	31:36
78. Sarah Paul	24:10*			115. Owen Grant	31:39
79. Jack Paul	24:10			116. Grey Runnels	31:40
80. Ben Bourassa	24:15			117. Steve Collins	31:41
81. Aaron Lyons	24:17			118. Monica Molloy	31:50*
82. Bev Tripp	24:18*			119. unknown	
83. Charlotte Burley	24:27*			120. Stanley Harmon	31:50
84. Michael Mitchell	24:41			121. Cynthia Worcester	31:52*
85. Larry Burke	26:11			122. Lynda Coye	31:52*
86. Bob Bourassa	26:13			123. Betty Barber	31:53*
87. Scott Luciano	26:47			124. Jon Sands	31:53
88. Velda Yamashiro	27:00*			125. Brian Gryzysky	32:02

Results courtesy of Jack Paul

11TH CASCO DAYS 4M RUN
Casco Village July 29

1. Bob Sprague	21:05	73. Kellie Thibodeau	28:49*
2. Mark Snow	21:38	74. Peter Senghas	28:49
3. Kevin McDonald	21:48	75. Jeff Connell	29:05
4. Sean Keough	22:07	76. Kingsley Durant	29:05
5. Chris May	22:24	77. James Close	29:08
6. Ben Endress	22:29	78. David Suitor	29:18
7. Glen Roy	22:40	79. Krista Purinton	29:19*
8. Brian Flanders	22:58	80. Becky Wallace	29:21*
9. George Clark	23:12	81. Livy Haskell	29:21*
10. Robert Payne	23:13	82. Bill Wood	29:23
11. Bruce Bixby	23:18	83. Ken Leonczyk Jr.	29:25
12. Joel Croteau	23:25	84. Steve Cushing	29:30
13. Terry Drost	23:30	85. Noel Thurlow	29:31*
14. Dennis McIver	24:02	86. Bob Macone	29:32
15. Susan Dugas	24:25*	87. Don Walkwitz	
16. Josh Brown	24:28	88. Chris Jones	29:41
17. Richard Scribner	24:28	89. Nancy Millen	29:42*
18. Paul Casey	24:34	90. Debbie McCleery	29:48*
19. Frank Ferland	24:59	91. Craig Canedy	29:49
20. Roger Foster	25:00	92. Bucky Roberts	29:49*
21. Sean Durkin	25:03	93. Dan Stern	30:01
22. Kirt Bell	25:05	94. Jack McCleery	30:04
23. Justin Carro	25:16	95. David Salerno	30:10
24. Davis Van Winkle	25:20	96. Michael Kriesel	30:30
25. David Hales	25:23	97. Dana Stetson-Reed	30:40
26. Nathaniel Mason	25:27	98. Juan Rendon	30:41
27. Bob McCleery	25:29	99. Chris Stevens	30:42
28. Peter Fickett	25:30	100. Larry Sturdivant	30:47
29. David Ames	25:33	101. John Maxell	30:52
30. David Maxim	25:33	102. Bernie Roberts	30:52
31. Andy Avery	25:33	103. Stan Blane	30:55
32. Keith Yanelli	25:42	104. Dale McDaniel	31:02
33. Michael Beaudoin	25:43	105. unknown	
34. unknown		106. William Flynn	31:13
35. unknown		107. Russell Giasson	31:14
36. Chris Baylis	25:50	108. Missy Watkins	31:15*
37. Don Fields	25:52	109. Jeanie Fritts	31:16*
38. Rich Rafferty	25:52	110. Laurel Horne	31:25*
39. Dick Cummings	25:55	111. Jamie Arsenaault	31:29
40. David Collier	25:56	112. Joe Nappi	31:35
41. unknown		113. Marilyn Salerno	31:36*
42. Seth Thompson	26:02	114. Andy Kaufman	31:36
43. Gumer Mendez	26:17	115. Owen Grant	31:39
44. Stephen Hendry	26:22	116. Grey Runnels	31:40
45. Matt Randall	26:25	117. Steve Collins	31:41
46. Jennifer Rolfe	26:26*	118. Monica Molloy	31:50*
47. Joe St. Hilaire	26:29	119. unknown	
48. Jacob Endres	26:30	120. Stanley Harmon	31:50
49. John Howe	26:43	121. Cynthia Worcester	31:52*
50. Bruce Little	26:44	122. Lynda Coye	31:52*
51. Rene Nevora	26:56	123. Betty Barber	31:53*
52. Deb Merrill	26:57*	124. Jon Sands	31:53
53. Michael Anderson	26:59	125. Brian Gryzysky	32:02

126. Walter Shviki	32:05	198. Dan Piedrahita	37:09	270. Josh Howley	44:12
127. Don Jordan	32:06	199. Jesse Sarenblick	37:10	271. Adena Doyle	44:12*
128. David Ahonen	32:06	200. Jared Coad	37:10	272. Anne Hammond	44:33*
129. Josh Dinenburg	32:06	201. Josh Klein	37:16	273. Kristen Kidder	44:48*
130. Jamie Stein	32:19	202. John Diluz	37:16	274. Mark Denley	44:51
131. Greg Snedden	32:20	203. Matt Carpenter	37:19	275. Tony Fox	45:04
132. Carmine Morelli	32:21*	204. Mimi Wetzel	37:23*	276. Charles Jarvis	45:23
133. Robert Marzul	32:24	205. Joanne Shellabarger	37:29*	277. Mara Katsekas	45:29*
134. Matt Hancock	32:28	206. Mark Sweetser	37:35	278. James Katsekas	45:29
135. Bill Leland	32:29	207. Martha Muir	37:36*	279. Marsha Wood	45:31*
136. Sharon Glick	32:30*	208. Beth Bielat	37:36*	280. unknown	
137. Claire DeAngelis	32:33*	209. Michael Jarrett	37:36	281. Mary Ann Leach	45:49*
138. Trey Dixon	32:34	210. Zazou Riemers	37:37*	282. David Siegal	45:54
139. John Omasta	32:35	211. Mike Fine	37:38	283. Cindy Murphy	46:02*
140. Chris Chag	32:36	212. Barry Ryan	37:43	284. Stuart Lile	46:07
141. Cheryl Ahonen	32:37*	213. Amy Cross	37:45*	285. Christian Peterson	46:10
142. Grant Schuster	32:38	214. Ilya Zelopolosky	37:46	286. Justus Howley	46:15
143. Klaus Sydow	32:39	215. Kate Hurwitz	37:47*	287. Karen Aley	46:30*
144. Jean Reilly	33:06*	216. unknown		288. Eric Brahin	46:45
145. Roger Wheeler	33:09	217. Leah Katsekas	37:55*	289. Betsy Carlin	46:50*
146. Karen Dunn	33:27*	218. Glen Brandow	37:59	290. Michael Nissen	46:56
147. Laurie Bernier	33:40*	219. Jaime Goodwin	38:08	291. Nia Welch	47:07*
148. Stephen Manes	33:45	220. Melanie McCoy	38:11*	292. Jesse Berry	47:22*
149. Suzanne Pinto	33:47*	221. Bettina Grant	38:12*	293. David Berry	49:10
150. Paul Strout	33:48	222. Dan Peabody	38:24	294. Erica Eppinger	49:10*
151. Julie Loftus	33:49*	223. unknown		295. Valerie Reddall	50:28*
152. Pat Lannon	33:49	224. Rebecca Chagrasulis	38:39*	296. Marianne Merrin	50:37*
153. Ben Burke	33:50	225. Joe Meserve	38:48	297. Pat Kremer	50:37*
154. Tammy Drew	33:51*	226. Max Von Hurter	39:16	298. Cory Entner	51:09
155. Jeff Hall	33:52	227. Jamie Douglas	39:25	299. Brian Abrams	51:17
156. Shannah Van Winkle	33:52*	228. Ben Santonelli	39:35	300. Jim Palmer	51:18
157. Averill Williams	34:03	229. Katie Mahar	39:36*	301. Sally Clay	52:10*
158. unknown		230. Julio Ayerbe	39:37	302. Todd Stacy	52:30
159. David Folmer	34:03	231. Darcy Donaldson	39:38*	303. Alan Rashid	52:35
160. Amy Diller	34:03*	232. Stephanie Walker	39:41*	304. Jennifer Brookmeyer	52:44*
161. Sam Schwerdtfeger	34:10	233. Jennifer Hart	39:46*	305. Carla Ingrand	52:59*
162. Thomas York	34:10	234. Ken Spier	39:46	306. Diane Gramstorff	54:00*
163. Dick Allan	34:18	235. John Doyle	40:02	307. unknown	
164. Steven Linda	34:32	236. Kurt Endres	40:02	308. unknown	
165. Tim Mannette	34:42	237. Irwin Price	40:07	309. Mary Taylor	56:25*
166. Dan Wilson	34:45	238. Darren Opland	40:22	310. Deborah Thomas	56:43*
167. Phil Dondas	34:48	239. James Cabot	40:33	311. Joan Leitzer	56:58*
168. Jim Keough	34:49	240. Owen Davis	40:36	312. Robert Crevatis	56:58
169. Wendy Lindsay	34:49*	241. Daniel Kelly	40:41	313. Stephen Carlan	58:37
170. Don Penta	34:57	242. Jeff Gilberg	41:00	314. Sibyl Fenwick	58:37*
171. Jon Yanowsky	34:59	243. Ron Posner	41:05	315. Iris Sandkuhler	59:10*
172. Sarah Tarlton	34:59*	244. Ginger Hall	41:29*	316. Michael Bates	59:19
173. Jessica Shellabarger	35:25*	245. Jonathan Backler	41:45	317. Shawn Perlman	59:37
174. Jenny Hagman	35:27*	246. Josh Sussberg	41:45	318. Ryan Moskavic	59:37
175. Andrew Fleiss	35:29	247. Ellie Johnson	41:56*	319. Breege Hession	59:38
176. David Miller	35:44	248. Sally Slovenski	42:18*	320. Nicole Walsh	59:40*
177. Amy Entwistle	35:44*	249. Jeff Holtzmann	42:27	321. Whitney Wilkerson	59:42*
178. Dan Dyke	35:45	250. Scott Pagnano	42:27	322. Julie Swenson	59:43*
179. Karen Ford	35:52	251. Chris Robillard	42:40	323. Lara Alcantara	59:44*
180. Kent Lindstrom	35:59	252. Rose Strout	42:42*	324. Matt Brader	59:44
181. Mimi Elliot	35:59*	253. Danny Ferrara	42:42	325. Traci Feibel	60:11*
182. Karen Licht	36:02*	254. unknown		326. Scott Herritt	60:13
183. Kolby Foss	36:02	255. Barbara Hay	42:46*	327. Mike Cohen	60:14
184. Joe Medina	36:09	256. Eileen Dunn	42:48*	328. Kate Bradbury	60:28*
185. Saewong Park	36:16	257. George Herniston	43:02	329. Kevin Minkoff	61:03
186. unknown		258. Margot Bauman	43:04*	330. Mandy Ross	61:05*
187. Catha Mayor	36:34*	259. Josh Rosen	43:12	331. Lisa Morrelli	61:47*
188. Mary Edwards	36:43*	260. Dustin LaFerriere	43:16	332. Hilary Hodgson	62:02*
189. Dominique Dumont	36:44*	261. Aimee Anderson	43:20*	333. Karen Van Zweck	62:05*
190. Pamela Gibson	36:48*	262. Katie Madden	43:27*	334. Faith Farrell	62:18*
191. Joseph Yiu	36:50	263. Nancy LaFerriere	43:28*	335. Karen Bauman	63:56*
192. Chase Bruder	36:52	264. Priscilla Pike	43:42*	336. Helen Shinier	63:56*
193. John Cook	36:54	265. Thomas Pike	43:47	337. Nina Swanton	64:07*
194. Laura Krawkow	36:55*	266. unknown		338. Ronda O'Brien	64:39*
195. unknown		267. Chris Redding	43:49	339. Gino Tonnetti	67:28
196. Brian Webb	36:59	268. Ashe Reardon	43:59*	340. Jeremy Merle	67:28
197. Emily Greenstein	37:09*	269. Nick Leyden	44:02	341. Samantha Sikes	67:30*

342. Cindi Cohen	67:32*
343. Doug Tobins	67:39
344. Doug Kenner	67:39
345. Scott Slotnik	67:39
346. unknown	
347. Jeremy Engleberg	67:40
348. Mary McAvoy	67:41*
349. David Goldfine	67:46

Results courtesy of Nancy Hayward

1ST ANGIE ABRAHAM SCHOLARSHIP 4M RUN

Portland Aug. 27

1. Harris Hardy	19:56
2. Rick Garcia	20:07
3. Larry Greer	20:42
4. Thomas McCarthy	20:46
5. Kevin Connor	21:06
6. John Strout	21:10
7. Brian Turner	21:15
8. Peter Dube	21:43
9. Roland Thibault	21:54
10. Stephen Fluet	22:01
11. Bill Bristol	22:13
12. Robert Jones	22:19
13. Gordon Scannell	22:19
14. Stephen Wilson	22:51
15. George Towle	22:59
16. Dan McCarthy	23:01
17. Kevin Gile	23:07
18. Richard Scribner	23:15
19. Steven Robertson	23:17
20. Wanda Binette	23:20*
21. Joe Richards	23:23
22. Ralph Salamone	23:39
23. Paul Casey	23:52
24. Dana Jackson	24:02
25. Steve Douglas	24:03
26. Stephen Norbert	24:07
27. David Libby	24:09
28. Bob McCormack	24:12
29. Greg Dugas	24:33
30. Craig Komulianen	24:41
31. John Campbell	24:47
32. Kirk Jurgelevich	24:58
33. Tony Sousa	25:05
34. Joe St. Hilaire	25:07
35. Joel Hebert	25:11
36. Thomas Frederick	25:17
37. Michael O'Toole	25:23
38. Bill Hastings	25:23
39. Andrea Elder	25:30*
40. Jeanne Lamontagne	25:32*
41. Josh McCarthy	25:32
42. Stephen DiPalma	25:37
43. Dara Jones	25:39*
44. Mick Skerritt	25:44
45. Erika Maddaleni	25:48*
46. Steve Jones	25:50
47. Christopher Vought	26:09
48. Mark Alex	26:12
49. Cathy Jurgelevich	26:14*
50. Tom Tobiassen	26:18
51. Lew Bradley	26:27
52. Kim Paradis	26:35
53. Chris Philson	26:36
54. Kevin Gordan	26:37
55. Gene Bernier	26:44
56. Dick Black	26:52

57. Paul Doughty	26:54
58. Clifford Hall	26:59
59. Timothy Doyle	27:01
60. Chris Salamone	27:06
61. Richard Carter	27:15
62. Robert Doughty	27:19
63. Michael Jones	27:22
64. Dianne Whitcomb	27:25*
65. Jeff Radgowski	27:26
66. Tim Ashley	27:28
67. Edmond Morin	27:42
68. Richard Downs	27:44
69. Jim Wright	27:48
70. John Donahue	27:54
71. Carlton Mendell	27:54
72. Laurie Nicholas	28:04*
73. Andrew Haslem	28:06
74. Marc Lusignan	28:06
75. L. Mazer	28:07
76. Russ Bradley	28:11
77. Phillip Brown	28:12
78. Sandra Hodnett	28:14*
79. Clyde Parker	28:15
80. Scott Segal	28:16
81. Craig Moreshead	28:19
82. Alan Ramsdell	28:21
83. John Rolfe	28:22
84. Ted Desaulnier	28:25
85. Shawn Green	28:28
86. Michael Doyle	28:35
87. Colleen Redmond	28:36*
88. Bill Laidley	28:42
89. Shelly Friend	28:43*
90. Cindy Vokey	28:44*
91. Benjamin Tuttle	28:57
92. Mark Loring	29:02
93. Dennis Morrill	29:02
94. Tom Atchison	29:03
95. Meg Donahue	29:04*
96. Richard Day	29:07
97. Robert McDonough	29:14
98. Sharon Obrey	29:26*
99. Betty Barber	29:28*
100. Henry Magnuson	29:43
101. Verne Weisberg	29:47
102. Erika Wer	29:59*
103. Bob Branson	30:00
104. Gary Harris	30:01
105. Fran Brennan	30:25
106. Bill Leroy	30:25
107. Walter Flint	30:26
108. Jeff Collins	30:30
109. Ed Carroll	30:47
110. Mark Korda	30:52
111. Peter Kwaak	30:56
112. John Branson	30:57
113. Bill Lovett	31:03
114. Paul Pendleton	31:06
115. Robert Frazier	31:14
116. Kelly Frazier	31:17*
117. Mike Fox	31:22
118. Nancy Drake	31:23*
119. Tiffany Tobiassen	31:34*
120. Brenda Broder	31:39*
121. Don Penta	31:47
122. Don Romero	31:50
123. Peg Poulin	31:53*
124. John Ouilllette	31:57
125. Michael Chitwood	32:32
126. Harvey Mason	32:57
127. Jim Curran	33:16
128. Sherry Whetstone	33:17*

129. Doug Moreshead	33:33
130. Rufus Tripp	33:37
131. Scott Tripp	33:42
132. Linda Munmaney	34:01*
133. Curtis Tripp	34:10
134. Bonny Brown	34:15*
135. Mort Soule	34:15
136. Sharyn Gears	34:30*
137. Dennison Gears	34:30
138. Stuart Gilbert	34:41
139. Ann McDonough	34:42*
140. Sara Hobson	34:42*
141. Linnie Bruce	34:54*
142. Emily Denham	35:11*
143. Linda Hunt	35:47*
144. Pat Murphy	35:48*
145. Sue Fredrick	35:49*
146. Patricia Welsh	35:55*
147. Lynn Moreshead	35:56*
148. James Morse	35:57
149. Patty Hayes	35:58*
150. Sarah Newcomb	36:11*
151. Pat Buckley	36:12*
152. Mick Goulding	36:30
153. Gina Perry	36:32*
154. Betty Williams	36:41*
155. S. Guillerault	37:55*
156. Beth Lucas	38:15*
157. Johanna Linnehan	38:18*
158. Kari Call	38:21*
159. Phil Call	38:38
160. Brent Blackmer	39:48
161. Brenda Blackmer	39:49*
162. Frank Long	39:50
163. Bonnie McGarvey	39:50*
164. Jerrod Chase	40:17
165. Melissa Wheeler	40:29*
166. Donna Moulton	40:40*
167. Everett Moulton	42:40
168. Amanda Chase	43:01*
169. Michael Geary	43:03
170. Stephen Sprangler	45:37
171. Steven Spranger	48:53
172. David Corocran	48:56
173. Katie Jensen	48:56*
174. Karen Cavallaro	48:57*
175. Candy Chase	49:32*
176. Kathleen McCullum	49:32*
177. Jane Honde	50:25*
178. Tony DePaslo	50:26
179. Richard Bailey	50:28
180. Kathy Bailey	50:28*
181. Jeanine O'Brien	59:18*
182. Sandi Goodman	59:21*
183. Carolyn Baril	59:27*
184. Karen Bailey	59:27*
185. Fran Aceto	59:28*
186. Isabelle McNally	59:28*
187. Patricia Aceto	66:36*
188. Joann Oransky	67:20*
189. Ray Oransky	67:24

Results courtesy of Jonathan Kosnow

27TH BANGOR LABOR DAY 5M Bangor Sept. 4

1. Tim Wakeland	24:55
2. Roy Morris	25:30
3. Michael Gaige	25:44
4. Peter Millard	25:50

5. Bob Everett		77. Bruce Goodwin		149. Leona Clapper	42:37*
6. Glendon Rand	26:30	78. Chris Jones		150. Mellissa Walsh*	
7. Mike Sargent		79. William Shuttleworth		151. Judy Doore*	
8. James Newett	27:04	80. Chris Boyd		152. Debra Samuelian	43:33*
9. Angson Chinosiyani		81. Duane Hanselman		153. Robert Haskell	
10. Conrad Walton		82. Rusty Sweeny		154. Randy Elden	
11. Sam Wilbur		83. John Hwalek		155. Christine Fisher*	
12. Mike Raymond		84. Jane Rau*		156. Scott Haskell	
13. Pat Walsh		85. Bob Fox		157. Stephany Gaige*	
14. David Renault		86. Tony Sousa		158. Robert Connor	
15. Paul Comeau		87. Serena Pottle	33:43*	159. Ray Boussier	
16. Dick Balentine		88. Andy Luro		160. David Clark*	
17. Chad Sisson		89. Ron Dupuis		161. Joan Woolard*	
18. Lee Stover		90. Cliff Hatfield		162. Sharon Bryant*	
19. Gary Larson		91. Ed Raiola		163. Frank Donaldson	
20. Harold Hatch		92. Shelley Antone*		164. Gemma Colpritt	
21. John Manzer		93. Sheila Hodges*		165. Aurele Ouellet	
22. Julia Kirtland	29:09*	94. Steve Deabay		166. Gina Butler	
23. Steven Peterson		95. David Brewer		167. Emily Wesson*	
24. David Wheaton Jr.		96. Joe Bennett		168. Tessa Lawrence*	
25. Mark Parsons		97. David Curio	35:10	169. Penny Bohac-Cardello*	
26. Ryan Hastey		98. David Samuelian		170. Gina Perry*	
27. John Donato		99. Olivia Scott*		171. Kathryn Bean*	
28. Wanda Haney-Binette	29:33*	100. Tom Bennett		172. Paul Paulson	
29. Giles Norton	29:41	101. Jerry Saint Amand	35:17	*****	
30. Ken Remsen	29:44	102. Wayne Ayers			
31. John Mills	29:45	103. Trohl Hiltahl			
32. Bill Dunn	29:48	104. Kent Price			
33. Michael Archer		105. Gerry Baldacci			
34. Jeff Tapley		106. John Goldfine			
35. Hal Nelson		107. Joan Merriam*			
36. Myles Lemieux		108. Michael Dowd			
37. Richard Scribner		109. Richard Swett			
38. Alan Comeau		110. Cole Sargent			
39. Scott Hinckley		111. John Rubino			
40. Bill Pinkham		112. Richard Davis			
41. Sam Brown		113. Garry Ellis			
42. Robert Jordan		114. Matt Grose			
43. George Rolleston		115. Brent Hartley			
44. Lee Edick	30:49	116. Michael Whitney			
45. Steve Connor		117. Dianne Whitcomb*			
46. Tim Reid		118. Daryl Gorey			
47. Ryan White	31:09	119. Joe McLaughlin	36:57		
48. Susan Hawkins	31:10*	120. Walt Viles			
49. David Green		121. Joel Jipson			
50. Denis Poulin		122. Deb Wilson*			
51. Tom Kirby	31:15	123. Dennis Whitney			
52. Bruce Theriault		124. Rich Sprague			
53. Mike Doore		125. Marty O'Keefe			
54. David McIntyre	31:24	126. Bernard Kubetz			
55. Bill Wood		127. Harriet Seekins*			
56. Dave Sweeny		128. Gary Sargent			
57. Alan Howard		129. Danielle Buck*			
58. Scott Burnett		130. Janet Winchester*			
59. Dave Torrey	31:43	131. Lon Winchester			
60. Robin Emery-Rappa	31:46*	132. Mark Clinch			
61. Rod White		133. Ken Edelston			
62. Mike Hutchins		134. David Bernier			
63. Walt Luro		135. Bill Arata			
64. Jim Kloster		136. Gil Roderick			
65. Jon Hodgensen		137. Joseph Aubin	39:30		
66. Christie Heindrich*		138. Gary Yeomans			
67. Stephen Colson		139. Jean Goldfine*			
68. Eric Nystrom		140. Jan Pilotte*			
69. Dan Tracy		141. Dennis Morrill			
70. Kevin Vickers	32:35	142. Luis Morey			
71. Robert Dow Jr.		143. Rich Spearing			
72. Larry Rich		144. Rebecca Rosen*			
73. Jim Shaver		145. Richard Lepore			
74. Torrey Sheafe		146. Susan Howard*			
75. William Kenny		147. Frank Edwards	42:15		
76. Dwight Brown Jr.		148. Dave Bean			

8TH WALK/RUN FOR THE HEART 10K

Portland	Sept. 24
1. Chris O'Donnell	31:17
2. Steve Ross	36:47
3. Jim Bunnell	37:47
4. Steve Robertson	37:47
5. Steve Ives	37:53
6. Dana Jackson-	38:18
7. Damien Marsh	38:20
8. Greg Baker	39:03
9. Dennis Tetreault	39:03
10. Roger Turner	39:13
11. Tim Wisseman	40:01
12. Yun Chong	40:21
13. Joel Butler	40:35
14. Joel Hebert	40:57
15. Lana Lyberger	41:17*
16. John Scinlon	42:35
17. Craig Robinson	42:37
18. Christie Heinrich	42:52*
19. Dan Varney	42:57
20. Tom Carl	43:03
21. Randy Blake	43:06
22. Anne Wilkinson	43:30*
23. Lee Akerley	43:32
24. Kelly Reynolds	43:41*
25. Ted Foden	44:07
26. Chris Vought	44:18
27. Peter Allen	44:29
28. Jean Bennett	44:36*
29. Art Marcoux	44:38
30. Russ Bradley	44:55
31. Cliff Ives	45:59
32. Bill Whelan	46:19
33. John Sander	46:42
34. George Violette	47:02
35. Larry Zellars	47:04
36. Henry Maynuser	47:38
37. Tom Atchison	47:54
38. Bill Bennett	47:56
39. Monica Knight	47:57*
40. Eileen Harris	48:28*
41. John Berry	48:43

42. Peter Halloway	48:57	26. Paul Berg	20:44	98. John Moore	37:32
43. Sharon Obery	49:06*	27. Hartwell Dowling	20:59	99. Stacey Lyford	38:40*
44. Chas Pfeffer	49:08	28. Marc Bourgeois	21:07	100. Paula Norton	39:13*
45. Pam Brown	49:12*	29. James Bennett	21:08	101. Andrew Hewett	39:46
46. Gene Ledue	49:15	30. Matt Thomas	21:09	102. Jordan Wood	39:56
47. Jeri Lynn Schroeder	49:18*	31. Tom Sprague	21:16	103. Debbie Wood	39:57*
48. Peter Geores	49:34	32. John Chipman	21:19	104. Elizabeth Hopkins	40:11*
49. Linda Sorensen	49:39*	33. Tim Heavrin	21:20	105. Paul Wood	40:51
50. Dick McPhail	50:04	34. Wayne Ayers	21:22	106. Ozias Bridgham	41:16
51. Bob Conroy	50:26	35. Bob Moreau	21:29	107. Sarah Hewett	41:26*
52. Pete Brown	50:47	36. Michelle Jelleff	21:36*	108. Kim Roberts	41:29*
53. Chuck Reeder	51:04	37. Howard Clements	21:52	109. Nicole Mallar	41:31*
54. Lawrence Perkins	51:10	38. Randy Johnston	22:21	110. Jennifer Gregoire	41:32*
55. Sherry Carl	51:56*	39. George Thomas	22:23	111. Patricia Tillman	41:45*
56. Barbara Nelson	52:17*	40. Cameron Hammond	22:25	112. Jayson Maker	41:47
57. Tom Nelson	52:46	41. Erin Look	22:26*	113. Eileen Robinson	41:47*
58. Gary Rundle	53:00	42. Peter Courrage	22:30	114. Paula Richardson	41:49*
59. Carol Rundle	53:42*	43. Jill Nicholas	22:45*	115. Betty Maker	42:08*
60. Beth Curtis	54:10*	44. Walt Kinney	23:04	116. Melanie Bridgham	42:41*
61. Rachel Curtis	54:12*	45. Roger White	23:10	117. Judy Lingley	42:41*
62. Alyssa Curtis	54:32*	46. Ted Sirois	23:19	118. John Holcombe	42:45
63. Aron Storak	54:32	47. Meryl Stoll	23:20*	119. Evelyn Johnson	42:46*
64. Nick Knights	54:33	48. Jodi Hiland	23:22*	120. Vicki Maker	43:13*
65. Dawn McLaughlin	55:21*	49. Mark Davis	23:23	121. Kathy Stanwood	43:14*
66. Peta Brown	55:56	50. Christa Matthews	23:23*	122. Debbie Longfellow	43:15*
67. Sandra Speirs	56:02*	51. Jamie Wood	23:24*	123. Catherine Tibbetts	43:16*
68. Pat James	56:27*	52. Zandra Campbell	23:38*	124. Stephanie Cary	43:17*
69. Patty Sherwick	56:29*	53. Trich Hammond	23:43	125. Linda Varney	43:18*
70. Vinal Doody	56:33	54. Spud Lamoureux	23:46	126. Patty Woodman	43:19*
71. Peter Gagne	58:43	55. Ann Cannizzano	23:48*	127. Nancy Contino	44:38*
72. Chad Doody	58:47	56. Ruby Smith	23:54*	128. John Keller	44:48
73. Mary Gould	58:51*	57. Mike Gilmore Sr.	23:58	129. Jalene Seeley	45:04*
74. Winnie Jones	58:53*	58. Mark Perry	24:20	130. Chris Rudd	45:16
75. John Chamoff	59:26	59. Dana Hall	24:39	131. Vicki Musalo	45:18*
76. Bill Vickerow	59:28	60. Lon Peruzzi	24:53	132. Marie Thomas	45:33*
77. Brenda Boldac	59:37*	61. Nicole Geel	24:59*	133. Janelle Hayward	45:35*
78. Michelle Ohman	59:52*	62. Carey Parker	25:18	134. Cathy Murphy	45:41*
79. unknown	60:00	63. Annette Carroll	25:20*	135. Laurie Mallar	45:41*
80. Bruce Koharian	61:00	64. Chris Smith	25:22	136. Rebecca Seeley	45:42*

(324 finishers)

Results courtesy of Patty Medina

7TH SUNRISE 5K RUN FOR CYSTIC FIBROSIS

Machias Sept. 30

1. Cliff Rogers	16:11	71. Christina Spencer	27:29*	143. Cara Rodgers	46:06*
2. Andy Seeley	16:23	72. Gerald Molitor	27:37	144. Carolyn Rodgers	46:09*
3. Jay Libby	16:58	73. David Wright	27:43	145. Cheryl Pomereau	46:13*
4. Mike Worcester	16:59	74. Gerald Hiland	27:55	146. Samantha Lawson	46:21*
5. Ric Lamoureux	17:03	75. Bill Albee	28:25	147. Elsie Johnson	46:52*
6. Dan Stasz	17:32	76. Dan Bowker	28:46	148. Janice Smith	47:45*
7. Deke Talbot	17:42	77. Ann Torrez	28:58*	149. Ardelle Crommett	49:14
8. David Alley	17:52	78. Denise Hynick	29:00*	150. Kelly Crommett	49:15*
9. Steve McGinley	17:55	79. Christine Murphy	29:02*	151. Rebecca Bailey	49:27*
10. Bill Pinkham	18:04	80. Brandy Derrickson	29:07*	152. Erin Bailey	49:28*
11. Chris Lyford	18:08	81. Terry Cousins (W)	29:30	153. Kevin Bailey	49:46
12. Kai Nigro	18:22	82. Charles Clapper	29:38	154. Amy Channell	50:04*
13. Tom McKinney	18:26	83. Sue Brady	31:47*	155. Carlene Lyford	51:42*
14. Scott Hinckley	18:29	84. Tennelle Derrickson	32:01*	156. Gina Huffman	51:45*
15. Steve Cates	18:33	85. Gary Loomis	32:02	157. John Hewett	51:50
16. Charley Dalton	18:39	86. Michelle Mason	33:42*	158. Janet Hewett	51:51*
17. Andy Patterson	18:44	87. Judy Tarbox	34:19*	159. Angela Moses	52:30*
18. Shawn Alley	18:48	88. Tom Tarbox	34:20	160. Tori Cobb	52:33
19. Chuck Murphy	19:02	89. Linda Nagle	34:20*	161. Priscilla Reynolds	52:34*
20. Bob Abrams	19:13	90. Jodi Wood	35:25*	162. Michelle Hussey	53:16*
21. Howdie Calder	19:15	91. Melissa Mallory	35:27*	163. Van Hussey	53:17
22. Robert Dow	19:22	92. Alyssa Michie	35:38*	164. Leona LaBreck	53:18*
23. Branden Alley	19:53	93. Mary McDonald	35:40*	165. Sarah Hussey	53:19*
24. Donnette Hill	19:57*	94. Sarah Griffin	35:41*		
25. Dave Scott	20:21	95. Steve Cates	36:50		
		96. Linda Hurley	36:53*		
		97. Judson McBrine	37:31		

Results courtesy of Phil Stuart

**MAINE TRACK CLUB 50-MILER
Brunswick Oct. 14**

1. Ron Johnston	6:10:50
2. Lee Dickey	6:52:04
3. Dick Hogan	7:07:15
4. Paul Stackpole	7:08:55
5. Jack Mroczkowski	7:29:09
6. Joe Hayes	7:39:20
7. Phil Pierce	7:39:24
8. Bill Davenney	7:42:33
9. Roger Clark	8:26:29
10. Tom Forbes	8:29:19
11. Loren Lathrop	8:30:53
12. Kent Morgan	8:56:22
13. Egor Egan	9:09:16
14. Carleton Mendell	9:32:45

Results courtesy of Bambi Lovett

**BOG LAKE HALF-MARATHON
WOODS 13.1M RUN**

Northfield Oct. 14

1. Michael Gaige	1:21:40
2. Jonathan Aretakis	1:23:02
3. Phil Stuart	1:26:50
4. Deke Talbot	1:27:20
5. Glen Holyoke	1:37:59
6. Bill Pinkham	1:38:50
7. Tom McKinney	1:39:13
8. Jane Rau	1:39:30*
9. Andy Patterson	1:39:46
10. Ron Paquette	1:39:46
11. Mike Worcester	1:47:10
12. Bob Abrams	1:48:07
13. Terry Rowden	1:48:09
14. Wayne Ayers	1:55:27
15. Chuck Mitchell	2:04:30
16. Ann Cannizzaro	2:05:35*
17. Donnajean Pohlman	2:09:11*
18. Monica Mitchell	2:10:24*
19. Mike Carter	2:10:25

Results courtesy of Mike Carter

**6TH DOWNEAST 4M CLASSIC
Sanford Oct. 15**

1. Michael Michno	18:51
2. Bob Winn	19:16
3. Myron Whipkey	20:56
4. Peter Oviatt	21:19
5. Guy Kmartin	21:25
6. Ken Botting	21:32
7. Steve Reed	21:34
8. Ted Hutch	22:10
9. Joel Titcoimb	22:13
10. Dennis Tranchemontagne	22:20
11. Tom Gaspar	22:25
12. Joel Croteau	22:26
13. Malcolm Kidd	22:27
14. Kevin Gile	22:36
15. Chris Moosey	22:36
16. Michael Grigware	22:39
17. Randy Spencer	22:41
18. Stephen Wilson	22:50
19. Bob Cavannah	22:52
20. David Fernald	23:13
21. Steven Schneider	23:20

22. Don Bourque	23:39
23. Chris Yorke	23:47
24. Barry Sargent	23:48
25. Rich Larson	23:57
26. Scott Guyer	24:06
27. Michael Berg	24:08
28. Alan Miner	24:17
29. Michael Littlefield	24:19
30. Dan Roy	24:24
31. Tim Fortin	24:27
32. Andrew Gaspar	24:29
33. John Buxton	24:41
34. Carmine Castonio	24:41
35. Brian Chamberlain	24:44
36. Jeff Rollin	24:48
37. James Daley	25:00
38. Dan Roberge	25:01
39. Michael Snader	25:01
40. Diane Lounder	25:02*
41. Ron Duford	25:04
42. Darryl Legassie	25:16
43. Brian Greene	25:18
44. Mike Marich	25:18
45. Malcolm Washburn	25:28
46. Tracy Porell	25:33
47. Rich Trask	25:33
48. Michael Alexandre	25:47
49. Michael Deane	25:57
50. Bruce Fenlason	26:00
51. Richard Scribner	26:04
52. Ray Boutotte	26:15
53. Michael Beagen	26:16
54. Justin Merriman	26:25
55. Alan Edmond	26:26
56. James Divirgilio	26:27
57. Randy Moore	26:28
58. Dave Pearson	26:32
59. Vern Gardner	26:33
60. Paul Howe	26:34
61. Steven Jacobsen	26:35
62. Jeanne Lamontagne	26:38*
63. Ron Acollette	26:40
64. Norman Labreque	26:41
65. Joan Lavin	26:45*
66. Bob Lyman	26:50
67. Dan Boutin	26:51
68. Stacy Boutwell	26:51
69. Tina Blier	26:56*
70. Wilbur Spencer	27:12
71. Dick Fedion	27:15
72. Carol Pierce	27:18*
73. Russell Stanton	27:19
74. Allan Amioka	27:22
75. Arthur Berg	27:25
76. Tim Wiscavara	27:34
77. Robert Sedler	27:35
78. Hugh Tozer	27:38
79. Richard Brooks	27:40
80. Dianne Whitcomb	27:40*
81. Charles Glover	27:41
82. Richard Fernald	27:45
83. David Williams	28:00
84. Clyde Parker	28:05
85. Greg Fiandaca	28:21
86. Sally Hendershot	28:23*
87. John Wolanski	28:28
88. Jennifer Vermette	28:29*
89. Dan Perrault	28:30
90. James Looney	28:31
91. Wendy Miller	28:32*
92. Jerry Clark	28:33
93. Richard Day	28:40

94. Ellie Margoles	28:40*
95. Marko Duffy	28:41
96. Betty Barber	28:51*
97. Jere Dutch	28:54
98. Mike Kelly	28:57
99. Ed Hayden	29:07
100. Chester Hibbard	29:10
101. Tim Monahan	29:11
102. Rodney Redstone	29:13
103. Thomas Roux	29:15
104. Sheila McDonough	29:19*
105. Jim Nappi	29:24
106. Robert Cushman	29:26
107. Robert Macleod	29:33
108. Ken Hallett	29:34
109. Tom Muser	29:40
110. Adrienne McGuigan	29:41*
111. Peter Sutcliffe	29:43
112. Candace Karu	29:45*
113. Michael Hctor	29:50
114. Brent L'Heureux	29:59
115. Karen Gardner	30:10*
116. David Creech	30:15
117. Lorraine Paradis	30:24*
118. Beth Thompson	30:26*
119. David Babson	30:30
120. Deborah Hughes	30:30*
121. Cathy Caovette	30:33*
122. James Legere	30:40
123. Patti Lerwick	30:43*
124. Catherine Fox	30:46*
125. Warren Wilson	30:47
126. Robyn Murphy	30:52*
127. Vladimir Wormwood	30:55
128. Mark McKenzie	30:57
129. Kim Littlefield	30:58*
130. Mike Hughes	30:59
131. Mary Leary	30:59*
132. Clinton Swett	31:00
133. Adam Foster	31:02
134. Jerry Foster	31:03
135. Carlton Mendell	31:27
136. Herb Hoppe	31:34
137. Bernie Buckley	31:40
138. CS Durham	31:43
139. Lisa Bourque	31:47*
140. Kristen Patterson	31:47*
141. Joanne Corsano	31:49*
142. Chris White	31:55
143. Jack Jochums	32:00
144. Melissa Rouillard	32:00*
145. Sean Montebault	32:07
146. Ken Townsend	32:16
147. Clyde Scaggs	32:41
148. Gail Browning	32:52*
149. Leo Todd	33:03
150. Rich Friburg	33:08
151. Tim Mannette	33:09
152. Andrea Hall	33:17*
153. Maggie Soule	33:28*
154. Martin Losier	33:29
155. Peter Vermette	33:36
156. Linda Hunt	33:38*
157. Patricia Boutin	33:41*
158. Ayn Pongan	33:45*
159. Isabel Margoles	33:46*
160. Zachary Hunt	33:52
161. David Agan	34:00
162. Beverly Wood	34:07*
163. Allie Marcoux	34:39*
164. Thomas Decker	34:40
165. Valerie White	34:57*

166. Kerry Harter	34:58*	35. Bill Bristol	22:35	107. Nancy Grant	25:03*
167. Fred Brindez	34:58	36. Brian Ladner	22:39	108. Don Endrizzi	25:03
168. Paul Vachon	35:05	37. Tina Meserve	22:41*	109. Mack Bonderud	25:06
169. Michael Carlin	35:10	38. Stephen Friel	22:47	110. Roy Morejon	25:10
170. Bernie Buckley	35:30	39. Deb Potter	22:48*	111. David Benn	25:14
171. Ling Wong	35:35*	40. Bob Coughlin	22:49	112. Chuck Broomhall	25:15
172. Dee Nicely	35:39*	41. Steven Peterson	22:59	113. David Cronk	25:20
173. Andrew Soldati	35:48	42. John Eldredge	23:00	114. Carl Reilly	25:21
174. Tony Sousa	35:54	43. Gino Valeriani	23:02	115. Will Hayes	25:23
175. Keith Lolley	35:55	44. Sam Merrill	23:04	116. George Prescott	25:23
176. Isaiah Stackhouse	35:55	45. Chris Smith	23:05	117. Steven Campbell	25:23
177. Glen Cote	35:56	46. Rob Erksine	23:05	118. Ben Morse	25:29
178. Jeanne Richmond	35:57*	47. James Bunnell	23:10	119. Thomas Caron	25:30
179. Don Bessey	35:57	48. Doug Ludewig	23:13	120. Mike Rice	25:30
180. Marshall Bernier	36:06	49. Harry Nelson	23:14	121. Robert Farrell	25:31
181. Brenda Cushman	36:21*	50. Frank Brume	23:15	122. ER Hunt	25:35
182. Debe Overhaug	36:24*	51. Derek Avery	23:16	123. David Wilson	25:35
183. Mark Overhaug	36:24	52. Eric Janes	23:21	124. Bob Lilly	25:37
184. Pat Buckley	36:38*	53. DP Bartos	23:25	125. James Booth	25:39
185. Janice Boutotte	37:06*	54. Parker Morse	23:27	126. Mark Alex	25:39
186. Stella Alexandre	37:08*	55. Rose Prest-Morrison	23:29*	127. Ellen Bowden	25:40*
187. Donna Tully	37:53*	56. Robert Stuart	23:30	128. Cathy Jurgelevich	25:41*
188. Deborah Borduas	38:27*	57. Brian Milliken	23:35	129. Chad Binette	25:42
189. Judaline Crosby	38:34*	58. Roger Turner	23:36	130. David Levesque	25:45
190. Lori Borduas	38:59*	59. Wayne Clark	23:37	131. Norman Locke	25:48
191. Roger Borduas	39:02	60. Michael Clement	23:40	132. Scott Samuelson	25:50
192. Katie Winton	40:31*	61. Adam Turner	23:41	133. Kirk Jurgelevich	25:51
193. Gary Winton	40:33	62. Jack Hardy	23:44	134. Marc Gardiner	25:52
194. John Buckley	41:52	63. Chuck Snekvik	23:45	135. Scott Wallace	25:53
195. Jennifer Fortin	43:31*	64. Joe Meehan	23:52	136. Mick Skerritt	25:55
196. Jessica Labreque	47:33*	65. Greg Baker	23:52	137. Sumner Weeks Jr.	25:56
		66. Howard Chadborne	23:54	138. Nathan McDuffie	25:57
		67. Stewart Jordan	23:55	139. Susan Hale	25:58*
		68. Mike Berrier	23:56	140. Linda Thayer	25:59*
		69. Philip Wells	23:58	141. Chung Yun	26:00
		70. Steve Robertson	23:59	142. Jane Rau	26:01*
		71. David Maxim	23:59	143. Rick Churchill	26:02
		72. David Peterson	24:01	144. Al Hardy	26:02
		73. Jeff Hutchins	24:02	145. Craig Robinson	26:03
		74. Craig Komulainen	24:02	146. Sam Hall	26:08
		75. Derick Raymond	24:03	147. Raymond Chabot	26:09
		76. Ellen Grant	24:04*	148. Carolyn Court	26:12*
		77. Steve McDonald	24:06	149. Stephen Beale	26:16
		78. David McManus	24:08	150. Gayle Nappi	26:17*
		79. William Howes	24:09	151. Jerry Saint Amand	26:18
		80. John Long	24:10	152. Gerald Salvo	26:20
		81. Tom Kirby	24:10	153. Dan Fuller	26:21
		82. Greg Dugas	24:11	154. Tim Ashley	26:22
		83. Scott Hinckley	24:13	155. David Johnson	26:23
		84. Wanda Binette	24:16*	156. Wesley Sirois	26:24
		85. David Smith	24:22	157. Kelly Rodrigue	26:25*
		86. Dwight Blease	24:24	158. Carol Weeks	26:28*
		87. Michael Cirillo	24:26	159. Eric Nevers	26:29
		88. David Brennan Jr.	24:27	160. Doug Moody	26:31
		89. Mark Ray	24:27	161. Troy Morgan	26:32
		90. Ethan Higbee	24:28	162. Thomas Rafferty	26:33
		91. Donna Hubert	24:29*	163. Paul LaVangie	26:36
		92. Larry Taylor	24:32	164. Maureen Sproul	26:37*
		93. Jason Gardner	24:33	165. Eric Ellis	26:38
		94. Forrest Sprague	24:35	166. Laurie Nicholas	26:39*
		95. Peter Bastow	24:36	167. George Cooper	26:41
		96. Frank Ferland	24:36	168. Robert Patterson	26:47
		97. Ed Miller	24:41	169. Joseph Fagone	26:50
		98. Dennis Tetreault	24:43	170. Barry Howgate	26:51
		99. Pete Broomhall	24:53	171. Don Sanborn	26:53
		100. Thomas Meschinelli	24:54	172. Chris Taylor	26:55
		101. Dick Cummings	24:55	173. Brian Hall	26:56
		102. Joel Botler	24:56	174. Marc D'Amore	26:57
		103. Thomas Wells	24:58	175. Ted Morse	26:58
		104. Bernard Boisvert	24:58	176. Chris Vought	26:58
		105. Harley Lee	24:59	177. Gunnar Olson	26:59
		106. JP Tap	25:00	178. unknown	27:00

Results courtesy of Richard L'Heureux

3RD BACK BAY 4M

Portland

Oct. 15

1. Greg Hale	19:06	73. Jeff Hutchins	24:02	145. Craig Robinson	26:03
2. Paul Hammond	19:24	74. Craig Komulainen	24:02	146. Sam Hall	26:08
3. Todd McGraw	19:53	75. Derick Raymond	24:03	147. Raymond Chabot	26:09
4. Tom Dann	19:59	76. Ellen Grant	24:04*	148. Carolyn Court	26:12*
5. Henri Bouchard	20:01	77. Steve McDonald	24:06	149. Stephen Beale	26:16
6. Peter Lessard	20:04	78. David McManus	24:08	150. Gayle Nappi	26:17*
7. George Bockus Jr.	20:09	79. William Howes	24:09	151. Jerry Saint Amand	26:18
8. Jeff Meserve	20:10	80. John Long	24:10	152. Gerald Salvo	26:20
9. Stan Bickford	20:15	81. Tom Kirby	24:10	153. Dan Fuller	26:21
10. Carl Burgess	20:17	82. Greg Dugas	24:11	154. Tim Ashley	26:22
11. Lance Guliani	20:21	83. Scott Hinckley	24:13	155. David Johnson	26:23
12. Rick Garcia	20:23	84. Wanda Binette	24:16*	156. Wesley Sirois	26:24
13. Dan Dearing	20:31	85. David Smith	24:22	157. Kelly Rodrigue	26:25*
14. Larry Greer	20:53	86. Dwight Blease	24:24	158. Carol Weeks	26:28*
15. Ron Newbury	20:57	87. Michael Cirillo	24:26	159. Eric Nevers	26:29
16. Paul Cole (WC)	21:05	88. David Brennan Jr.	24:27	160. Doug Moody	26:31
17. Tom Thibeau	21:06	89. Mark Ray	24:27	161. Troy Morgan	26:32
18. Gordon Hartwell	21:09	90. Ethan Higbee	24:28	162. Thomas Rafferty	26:33
19. Chris Soko	21:10	91. Donna Hubert	24:29*	163. Paul LaVangie	26:36
20. Ira Bird	21:17	92. Larry Taylor	24:32	164. Maureen Sproul	26:37*
21. Dan Buck	21:18	93. Jason Gardner	24:33	165. Eric Ellis	26:38
22. John Strout	21:20	94. Forrest Sprague	24:35	166. Laurie Nicholas	26:39*
23. Tim Swope	21:23	95. Peter Bastow	24:36	167. George Cooper	26:41
24. Peter Dube	21:42	96. Frank Ferland	24:36	168. Robert Patterson	26:47
25. Bob Kahn	21:44	97. Ed Miller	24:41	169. Joseph Fagone	26:50
26. Dan Barker	21:45	98. Dennis Tetreault	24:43	170. Barry Howgate	26:51
27. Bill Skerritt	21:48	99. Pete Broomhall	24:53	171. Don Sanborn	26:53
28. Jim Toulouse	21:52	100. Thomas Meschinelli	24:54	172. Chris Taylor	26:55
29. Randy Hastings	22:01	101. Dick Cummings	24:55	173. Brian Hall	26:56
30. Norman DeRoche	22:17	102. Joel Botler	24:56	174. Marc D'Amore	26:57
31. Rusty Lamade	22:23	103. Thomas Wells	24:58	175. Ted Morse	26:58
32. David Cameron	22:25	104. Bernard Boisvert	24:58	176. Chris Vought	26:58
33. Matt Sonne	22:29	105. Harley Lee	24:59	177. Gunnar Olson	26:59
34. Kevin O'Connor	22:34	106. JP Tap	25:00	178. unknown	27:00

179. Randy Goding	27:01	251. Art Bousel	28:42	323. Jeff Brooks	30:24
180. Michael McDonald	27:02	252. James Bosivert	28:43	324. John Maxell	30:25
181. George Wells	27:09	253. Brian Barley	28:44	325. Sam Jordan	30:27
182. Clark Ketchem	27:10	254. Allen Hersom	28:44	326. Paul McCourt	30:29
183. Robert Moyer	27:12	255. True McCannell	28:45	327. unknown	30:29
184. Mary Thacher	27:12*	256. Bill Gillian	28:45	328. Ray Lemay	30:33
185. Scott Schnapp	27:13	257. Katie Thorne	28:46*	329. Peter Allen	30:34
186. Peter Hall	27:16	258. Jody Bussiere	28:47	330. Mary Quill	30:35*
187. Steve Monahan	27:17	259. Christine Harker	28:47*	331. Paul Lebond	30:36
188. Sam Sivovlos	27:18	260. Eric Bloom	28:48	332. Gregory Friel	30:37
189. Michael Raymond	27:19	261. Michael Reznicek	28:50	333. Ellen Spring	30:38*
190. Ron Goulet	27:20	262. Stanley Arnold	28:51	334. Ellen Smith	30:38*
191. Chris Sconnell	27:22	263. Paul Yates	28:51	335. Tom Bullock	30:39
192. Kelly Reynolds	27:23*	264. Nate Crooker	28:52	336. Sarah Bullock	30:39*
193. Ray Schevenell	27:23	265. Bryan Collins	28:59	337. Clifford Farris	30:40
194. James Googins	27:24	266. Brady Gates	29:01	338. Marc Leblond	30:43
195. Martin Howgate	27:28	267. Richard Esty	29:02	339. Heather Gouzie	30:44*
196. Eric Lagios	27:30	268. Bill Bennett	29:04	340. Andy Smith	30:46
197. Loren Lathrop	27:32	269. Gary Lemoni	29:08	341. John Curran	30:47
198. Peter Merrill	27:32	270. Dick Campbell	29:08	342. David Cidorowich	30:49
199. Kenny Goodwin	27:35	271. Robert Whitten	29:09	343. Joseph Leble	30:50
200. Marc Lusignan	27:36	272. Paul Dall	29:09	344. Tom Nelson	30:51
201. Kara Patterson	27:38*	273. Michael Lemay	29:10	345. Richard Guyer	30:53
202. Maynard Murphy	27:38	274. Michael Alber	29:11	346. Gerry Wing	30:54
203. Edmond Morin	27:40	275. Aaron Day	29:12	347. Regina Erksine	30:59*
204. Sam Martin	27:41	276. David Labbe	29:12	348. Karen Wood	30:59*
205. Art Marcour	27:42	277. Eileen Jordan	29:16*	349. Rikke Soerensen	31:02*
206. Amy Pettingill	27:43*	278. Warren Foye	29:17	350. Mary Jordan	31:05*
207. Paul Niehoff	27:44	279. Larry Zellers	29:20	351. Steve Putnam	31:11
208. Robet Jordan	27:44	280. Patrick Nixon	29:20	352. Kevin Carbin Jr.	31:14
209. Matt Iwanawicz	27:44	281. Mike Nixon	29:22	353. Jeff Mercier	31:18
210. Ronald Guevin	27:45	282. Bill York	29:24	354. Scott Blouin	31:18
211. Bill Gordon	27:45	283. Chris Neagle	29:25	355. Gail Romanoff	31:18*
212. Glen Morin	27:46	284. Susan Hight	29:26*	356. Robert LaNigra	31:20
213. Mark McPheters	27:47	285. Bill Sayres	29:27	357. Karen Johnson	31:24*
214. Gary Dow	27:47	286. Bill Black	29:27	358. Polly Colvin	31:24*
215. Alan Ramsdell	27:47	287. Tim Lacasse	29:28	359. Walter Ashley	31:28
216. Michael Brennan	27:48	288. James Griffin	29:32	360. MF Harmon	31:29
217. Mike Cavanaugh	27:48	289. Erika Read	29:33*	361. John Ouillette	31:35
218. Ronald Benner	27:49	290. Kelly Quinn	29:33*	362. Bob Perkins	31:37
219. Ted DeSaulnier	27:50	291. Peter Thomas	29:33	363. Nancy Lund	31:49*
220. Richard Black	27:51	292. Nick Rico	29:34	364. unknown	31:52
221. Mike Caiazzo	27:51	293. BW Vandenburg	29:35	365. Chris Hillman	31:53
222. Mark Dexter	27:53	294. JP Lavoie	29:36	366. Diane Aston	31:53*
223. Glen Sheehan	27:54	295. Becky Wallace	29:36*	367. David Chadbourne	31:53
224. Carol Fogg	27:55*	296. Krista Purinton	29:37*	368. Jesse Crumley	31:54
225. Peter Scontras	27:58	297. Jeri Lynn Schroeder	29:38*	369. John Ciraldo	31:56
226. Bruce Little	28:00	298. Brenda McCarthy	29:39*	370. Peter Peters	31:57
227. John Rolfe	28:01	299. Tim Kinne	29:42	371. Don Peters	31:58
228. Elizabeth Oliver	28:07*	300. John Andrews	29:46	372. William Perry	31:59
229. James Conery	28:07	301. Lisa Leavitt	29:48*	373. Milt Dudley	32:00
230. Shane Sopp	28:08	302. Ralph Baxter Sr.	29:49	374. Richard Greene	32:01
231. Shawn Green	28:14	303. Pam Brown	29:51*	375. Fred Leavitt	32:02
232. Jeff Lang	28:19	304. Kyle Milliken	29:54	376. Carol St. Hilaire	32:10*
233. Joan Tremberth	28:20*	305. Rich Stride	29:58	377. Philip Thompson	32:11
234. Jeff Smith	28:21	306. Donald Hoxie	30:03	378. Terry Sprague	32:12*
235. Jean Bennett	28:22*	307. Jennifer Clark	30:04*	379. Dennis Moran	32:14
236. Jack Mercier	28:23	308. Terry Wiley	30:06*	380. William Gaynor	32:14
237. Derek Rice	28:24	309. Sam Hall III	30:09	381. Carrie St. Clair	32:14*
238. Eric Allen	28:24	310. Bob Branson	30:10	382. Emily Stuart	32:15*
239. Jeff Roth	28:25	311. Patty Medina	30:11*	383. Don Penta	32:15
240. Suzanne Coffey	28:27*	312. Stan Carson	30:14	384. Mort Soule	32:18
241. Ray Marchessault	28:28	313. George Rice	30:15	385. John Berry	32:19
242. Lisa Owen	28:29*	314. Tom Fickeisen	30:16	386. Rebecca Hoynor	32:27*
243. Tim Demers	28:30	315. unknown	30:18	387. Ken Loveitt	32:32
244. Peter Seavor	28:31	316. Jamie Rand	30:18	388. Karen Szalazieki	32:34*
245. Jeff D'Alusio	28:32	317. Katherine Wilson	30:19*	389. John Woods	32:35
246. Pat Ianni	28:32*	318. Tony Hamlin	30:20	390. Brad Sloat	32:35
247. George Galinis	28:35	319. Bob Jolicoeur	30:21	391. Joan Sayres	32:37*
248. Gary Blanchard	28:38	320. Sandy Utterstrom	30:21*	392. Kathy Hassey	32:42*
249. Russ Bradley	28:38	321. Philip Bartlett	30:22	393. Eric Hodgkins	32:47
250. Fred Thompson	28:40	322. Melissa Coulombe	30:23*	394. Doug Brown	32:50

395. Charlie Bernard	32:51	467. Heather Dudley	36:02*	539. Jennifer Poulin	41:11*
396. Lisa O'Loughlin	32:53*	468. Geoff Hobson	36:08	540. Ann Lacasse	41:34*
397. Carolyn Bowers	32:54*	469. unknown	36:09	541. Kathy Esty	41:35*
398. Sherry Chabot	32:56*	470. Tim Holland	36:10	542. Mardie Brown	41:37*
399. Katherine Chabot	33:01*	471. Stump Merrill	36:13	543. Genenieve Harper	41:37*
400. Joseph Burke	33:01	472. Shannon Turgeon	36:17*	544. Melissa Cain	42:21*
401. Ellen Wing	33:02*	473. Doug Lamarre	36:25	545. Theresa Conley	42:32*
402. Eva Van Camp	33:03*	474. Peter Nesbitt	36:26	546. Brenda Kennedy	43:03*
403. Dotti Cromley	33:03*	475. Barri Jones	36:27	547. Nancy Crowell	43:11*
404. Charles Baird	33:03	476. Doreen Lamay	36:33*	548. Lynne Arnold	44:03*
405. Dan Blouin	33:06	477. Ellis Coates	36:36	549. Pamela Baxter	44:03*
406. Joseph Benett	33:07	478. Jane Chamberlain	36:37*	550. Anna Conley	44:30*
407. Dale Echorn	33:12*	479. Scott Hussey	36:37	551. Laura Conley	44:44*
408. Pam Jensen	33:14*	480. Jude Hall	36:38*	552. Suim Chung	45:29*
409. David Gallagher	33:15	481. unknown	36:45	553. Kelly Brown	46:38*
410. James Gallagher	33:17	482. KE Coker	36:52	554. Lucie Butler	47:35*
411. J. McQuade	33:18	483. Yolanda Hunnewell	36:52*	555. Cathleen King	49:30*
412. Michael Mayo	33:23	484. Hollee Howden	36:56*	556. Brenda Cadman	49:42*
413. Marise Anagnost	33:27*	485. Ruth Kirkwood-Chapman	36:58*	557. Susan Hersom	49:44*
414. RE Kurlec	33:29	486. Ken Firman	37:00	558. Shana Fuller	52:57*
415. L. Gracia	33:31	487. Jan Rauker	37:05*		
416. Nancy Ludewig	33:32*	488. Lisa Crocker	37:06*	Results courtesy of Ted Cunningham	
417. Jennifer Decker	33:36*	489. Cindy Pratt	37:06*	*****	
418. Mark Guyer	33:37	490. James McDonough	37:16	FIRE DEPT. FALL CLASSIC 5K	
419. Patti Tableman	33:40*	491. Jack Reagen	37:18	E. Millinocket Oct. 15	
420. Craig Wilds	33:40	492. Ashley Ryder	37:19*	-----	
421. Heather Skillings	33:42*	493. Susan Morejon	37:20*	1. Bob Everett	29 15:38
422. Sherry Carll	33:45*	494. Jennifer Gourde	37:24*	2. Charles Violette	18 16:33
423. Kristina Nutting	33:49*	495. Sarah Lumbert	37:27*	3. Sam Wilbur	16 16:33
424. Jessica Callan	33:51*	496. Audra Ellis	37:30*	4. Cliff Rogers	31 16:49
425. Stephen Monaghan	33:52	497. Kathleen Duddy	37:31*	5. Rusty Taylor	38 17:37
426. Jeremy McGowan	33:53	498. unknown	37:32	6. Terry Priest	31 17:57
427. Terry Place	33:54*	499. John Gillis	37:34	7. Nathan Howes	16 18:07
428. James Place	33:56	500. Linda Benn	37:40*	8. Rick Spearrin	15 18:18
429. Carol Plourde	33:59*	501. Michael Quinn	37:45	9. Michael Doore	44 18:23
430. Terri Dean	34:01*	502. unknown	37:51	10. Chris Smith	31 18:24
431. Richard Rice	34:21	503. Johanna Linnehan	37:53*	11. Edwin McReavy	16 18:31
432. Larry Barron	34:22	504. Duane Grandsoult	37:54	12. David Ham	30 18:37
433. Joe MacKey	34:26	505. Bruce Campbell	38:11	13. Maurice Daigle	37 18:50
434. Sarah Hobson	34:27*	506. GM McCallum	38:12	14. Denis Appleby	17 19:31
435. Ken Ward	34:30	507. Terrance Cousins (W)	38:13	15. Chris Deveau	16 19:50
436. Jim Curran	34:32	508. Doris Healey	38:16*	16. Ben Perry	12 20:17
437. Viki Nichols	34:32*	509. Peter Howard	38:25	17. Adam Landry	14 20:45
438. John Conley	34:35	510. Ruth Hefflefinger	38:40*	18. Angela Daigle	15 20:55*
439. Scott Gamache	34:35	511. Donna Davis	38:43*	19. Dick Miles	34 20:57
440. M. Frazier	34:42	512. Philip Nappi	38:45	20. Dan Perry	10 21:09
441. Marlene Russell	34:43*	513. Sue Guillerault	39:02*	21. Michael Hartford	13 21:28
442. Migi Handcock	34:46*	514. Ralph Gilpatrick	39:02	22. Brian Ouellette	19 21:46
443. William Vickerson	34:48	515. Louie Lafrenieri	39:18	23. Dean Shea	49 21:53
444. David Kennedy	34:49	516. Bonnie McGarvey	39:19*	24. Tom Tetu	41 21:54
445. WD Savage	34:54	517. Adam Gamache	39:24	25. James Tash	22 21:58
446. Ingrid Snekvik	34:56*	518. Eric Beers	39:26	26. Sandy Sturtevant	40 22:11*
447. Doug Werts	34:59	519. Denise Conley	39:27*	27. Howard Clements	49 22:22
448. Jill Howard	35:00*	520. James Carroll	39:27	28. Dan Michaud	48 22:24
449. Craig Polmacci	35:02	521. Tim Noel	39:44	29. Adam Chasse	14 22:30
450. Peg Poulin	35:07*	522. Heather Sopp	39:49*	30. Richard Hartford	44 22:38
451. Pat Murphy	35:09*	523. Paul Sieg	39:53	31. John Cote	23 22:56
452. Jay O'Connor	35:11	524. Carol Rice	39:56*	32. Kara LaChance	13 23:04*
453. Widery Thomas Jr.	35:12	525. Stephanie Lambert	39:56*	33. Greg Fortier	40 23:05
454. Kelly Kanach	35:13*	526. Kelly Cookson	40:06*	34. Rebecca Lachance	15 23:08*
455. Pat Ranalla	35:14*	527. Frank Long	40:07	35. Allison Shedd	10 23:09*
456. Efren Ramos	35:14	528. Joshua Simpson	40:31	36. Joel Jipson	41 23:10
457. Wayne McGinty	35:15	529. Carol Wiley	40:22*	37. Josh Gray	16 23:57
458. Kim Murphy	35:27*	530. Michelle Mondor	40:35*	38. Keli Daigle	13 24:20*
459. Allison Nutting	35:33*	531. Sarah Bulley	40:39*	39. Mary Nattress	35 24:23*
460. April Clark	35:34*	532. Carol Seavor	40:40*	40. Denise Shedd	38 24:30*
461. Melissa Austin	35:35*	533. Marsha Wood	40:42*	41. Art Fraser	52 24:33
462. Robert Rodman	35:36	534. Hope Faureua	40:46*	42. Ronald Otis	41 24:47
463. Madolynne Zimmerman	35:41*	535. Amy Marcote	40:51*	43. Ronald Turcotte	36 25:29
464. James Hanscom	35:43	536. Sara May	40:58*	44. Frank Roy	42 26:06
465. Bill Morrison	35:49	537. Lucila Cidre	40:58*	45. Don Hendsbee	34 26:13
466. Leanne Fectreau	35:55*	538. Albert Farris	40:58		

46. Ron Gelinas	41	26:44
47. Mike Pelletier	32	26:44
48. Fran MacMahon	65	26:53
49. Kevin Theriault	21	27:19
50. Walt Landry	53	27:20
51. Simon Miner	14	27:31
52. Sharon Holway	44	34:09*

Results courtesy of Judy Doore

4TH PTO 5K FUND RUN Orrington Oct. 21

1. Roy Morris	17:23
2. Alan Howard	18:30
3. Serena Pottle	19:00*
4. Jonathan Stevens	19:38
5. Randy Chute	19:49
6. Rusty Chute	21:00
7. Jared Seavey	21:20
8. Sean Coombs	21:30
9. Mike Largay	22:51
10. Susan Howard	23:36*
11. Jason Seavey	24:19
12. Billy Chute	24:45
13. Steve Blaylock	25:57
14. Jim Testa	26:01
15. Matt Ring	26:13
16. Mark Stevens	26:37
17. Jim Testa	29:54
18. Nick Blaylock	30:30
19. Mike Viricel	30:35
20. Rebecca Smith	31:03*
21. Justin Smith	31:31
22. Todd Ingersoll	34:21
23. Shane Coombs	34:31
24. Paul Paulson (W)	36:10
25. Dani Blaylock	39:22
26. Shane Booker	39:23
27. Scott Stewart	39:59
28. Kim Donnell	43:04*
29. Melanie Booker	43:04*
30. Amanda Blank	43:45*

MAINE STATE INVITATIONAL Bowdoin 5.1M Oct. 21

Bates 24, Colby 53, Bowdoin 58, St.
Joseph 141, USM 156, UMaine 158,
UMPI 211, MMA 232, Unity 241

1. Weatherbie	Ba	26:18
2. Gilbertson	C	26:24
3. Hickey	Bo	26:29
4. Sprague	Ba	26:30
5. Clarke	Ba	26:31
6. Hays	Ba	26:36
7. Donnelly	C	26:46
8. Parks	Ba	26:53
9. Dougherty	Bo	26:54
10. Sharkey	Bo	27:00
11. Rideout	C	27:03
12. Cook	C	27:04
13. Hartford	PI	27:11
14. Malague	Bo	27:17
15. Trevor	C	27:18
16. Callahan	Bo	27:29
17. Perry	SJ	27:30
18. Dunleavy	UM	27:42
19. Libby	SM	28:04

20. Chipman	SJ	28:19
21. Thibault	SM	28:24
22. Duford	SM	28:34
23. McLaughlin	SJ	28:49
24. Mansfield	UM	28:53
25. Smith	SM	29:01
26. Clausen	UM	29:03
27. Leahy	SJ	29:04
28. MacDonald	SJ	29:05
29. Mageles	UM	29:09
30. Jamieson	U	29:16
31. Bernier	UM	29:33
32. Lyons	MMA	29:34
33. Riel	MMA	30:37
34. Egan	U	30:39
35. Sekera	U	30:49
36. Morin	PI	31:11
37. Cole	SM	31:51
38. Shorey	PI	31:54
39. Dodge	MMA	32:24
40. Geikie	PI	32:29
41. Wilcox	MMA	32:37
42. Fador	MMA	33:15
43. Watson	PI	34:50
44. Vanderburg	U	35:56
45. Smith	U	38:25

MAIAW STATE MEET Bowdoin Oct. 21

Bowdoin 35, Colby 57, USM 58, Bates
83, UMaine 145, Unity 171, St. Joseph
& UMPI ns

1. Delan	SJ	17:27
2. Vollweiler	C	17:42
3. Elder	Ba	18:02
4. Hunt	Bo	18:03
5. Knight	SM	18:05
6. Fields	Bo	18:21
7. Heron	Bo	18:22
8. Tyler	C	18:26
9. Kilmer	C	18:28
10. Werner	Bo	18:31
11. Maddaleni	SM	18:34
12. O'Brien	Ba	18:36
13. Herold	Bo	18:49
14. Kretz	SM	18:53
15. Campbell	SM	18:58
16. Wer	SM	19:12
17. Ivers	SM	19:21
18. Sheridan	C	19:22
19. Loescher	Ba	19:27
20. Cisela	U	19:31
21. Eells	C	19:33
22. Murphy	Ba	19:37
23. Smith	UM	19:48
24. Lowell	M	19:49
25. Edgecomb	PI	19:51
26. Golden	Ba	19:56
27. Lahey	M	20:00
28. Rennes	M	20:26
29. Levesque	PI	21:11
30. Brutsaert	M	21:56
31. Preble	U	23:44
32. Mahoney	PI	23:53
33. DeRoche	U	25:25
34. Lindquist	U	25:40
35. Nicholas	U	26:12

12TH GREAT PUMPKIN 10K Saco Oct. 29

1. Bob Hodge	29:52
2. Greg Hale	29:54
3. Dave Dunham	29:59
4. Paul Hammond	30:18
5. Michael Michno	30:20
6. Bob Winn	30:24
7. Todd Coffin	30:38
8. Scott Clark	30:46
9. Dean Kimball	31:12
10. John Dowling	31:29
11. Brian Moody	31:30
12. Peter Lessard	31:34
13. Chuck Cleveland	31:40
14. Tom Dann	31:46
15. Rusty Coffin	31:51
16. Rick Garcia	31:59
17. Andy Palmer	32:05
18. Henri Bouchard	32:13
19. Lance Guliani	32:15
20. Tim Wakeland	32:27
21. George Bockus Jr.	32:37
22. John Sackett	33:04
23. Stu Hogan	33:13
24. Larry Greer	33:32
25. Kevin McDonald	33:35
26. Thomas Thibau	33:36
27. Gordon Hartwell	33:39
28. Mark Kimball	33:42
29. John McGurry	33:47
30. Guy Martin	33:55
31. Ken Flanders	33:58
32. Ron Newbury	34:28
33. Dan Burr	34:29
34. Sean Keough	34:34
35. Peter Oviatt	34:37
36. Stephen Peterson	34:42
37. Steve Reed	34:43
38. Dan Barker	34:48
39. Peter Dane	34:53
40. Chris Mansfield	34:54
41. James Toulouse	35:09
42. Todd McGraw	35:17
43. Stan Bickford	35:19
44. Stephen Friel	35:30
45. Norman DeRoche Jr.	35:36
46. Bob Gage	35:46
47. Michael Grigware	35:47
48. Erik Crosby	35:50
49. Tina Meserve	35:54*
50. Steven Peterson	35:55
51. Joel Titcomb	35:57
52. Joel Croteau	35:58
53. Mike Dinehart	36:05
54. Terry Hersh	36:06
55. JR Stockwell	36:09
56. Rose Prest-Morrison	36:26*
57. Malcolm Kidd	36:26
58. Wayne Clark	36:31
59. Larry Frank	36:33
60. Kevin Gile	36:36
61. Rita Cecil	36:39*
62. Steve Ross	36:44
63. Steve Podgany	36:48
64. Deb Potter	36:48*
65. David Burnham	36:50
66. Randy Spencer	36:53
67. Brian Rosenhein	36:54
68. Stephen Wilson	36:57
69. Dale Dorr	36:59

70. Bill Bristol	37:00	142. John Sullivan	41:01	214. Glen Morin	44:25
71. Doug Ludewig	37:07	143. Vin Skinner	41:08	215. John LeRoy	44:25
72. Robert Whisenant	37:08	144. William Russell	41:09	216. Randy Moore	44:28
73. Jim Burnell	37:12	145. Mike Mosley	41:11	217. Sharon Boutet	44:29*
74. Sam Merrill	37:12	146. Scott Fone	41:12	218. John Sutton	44:32
75. Robert Stuart	37:15	147. Richard Darling	41:18	219. Jim Davis	44:36
76. Brian Noyes	37:18	148. Ellen Bowden	41:22*	220. Steven Jacobsen	44:37
77. Chuck Snekvik	37:25	149. Carol Weeks	41:26*	221. Kathy Hill	44:43*
78. Michael Thompson	37:30	150. Sumner Weeks	41:27	222. Tom Novak	44:45
79. Wanda Binette	37:39*	151. Yun Chong	41:31	223. Jean Bennett	44:45*
80. Stewart Jordan	37:39	152. unknown	41:33	224. Patrick Flaherty	44:46
81. Mike Daly	37:41	153. unknown	41:35	225. Don Douglas	44:51
82. Robert Carrier	37:42	154. unknown	41:38	226. Gene Plante	44:53
83. Jim Willits	37:59	155. Loren Lathrop	41:48	227. Dianne Whitcomb	44:54*
84. Denis Poulin	38:04	156. Jerry Saint Amand	41:55	228. Dick Black	44:57
85. Ron Cedrone	38:17	157. Sidney Atenna	41:55	229. Tony Sousa	44:58
86. Edie Dubord	38:26*	158. Cheryl MacMahon	41:56*	230. Art Bousel	45:01
87. Dick McFarr	38:31	159. Mark Alex	41:57	231. Ted DeSaulnier	45:05
88. Kathy Northrop	38:36*	160. Mark Hill	42:00	232. Sandra Hodnett	45:06*
89. Brian Gallagher	38:38	161. Dale Rines	42:01	233. Bob Letourneau	45:18
90. Rex Johnson	39:00	162. Bert Jordan	42:03	234. Carl Fogg	45:24
91. Joe Richards	38:43	163. Ralph Baxter Jr.	42:05	235. Dennis Keefe	45:27
92. Irene Welsh	38:46*	164. Robert LaNigra	42:10	236. Robert Mohlin	45:30
93. Philip Wells	38:52	165. Stephen Beale	42:12	237. Carlton Mendell	45:43
94. Richard Larson	38:56	166. John Gale	42:16	238. Charles Morin	45:44
95. Chris Reece	39:04	167. Carolyn Court	42:17*	239. Bill Wood	45:46
96. Dave McManus	39:06	168. Carlos Philbrick	42:19	240. Douglas Hunter	45:48
97. Stephen Harriman	39:06	169. Steve Bubar	42:22	241. Peter Knight	45:53
98. Terry Clark	39:09	170. Craig Robinson	42:25	242. Guy Roy	45:55
99. Lloyd LaFountain III	39:09	171. Jeanne LaMontagne	42:28*	243. Russ Bradley	45:58
100. Diane Roy	39:12*	172. Laurie Nicholas	42:30*	244. Joan Tremberth	46:01*
101. Richard Scribner	39:13	173. Michael Skerritt	42:32	245. Charlie Garland	46:09
102. Frank Ferland	39:15	174. Ryan Paradis	42:33	246. Robert Bersin	46:12
103. Bill Pavlisko	39:17	175. Gerald Salvo	42:36	247. Kevin Varney	46:27
104. Jeffrey Prebble	39:21	176. Bill Skerritt	42:38	248. Peter Connell	46:33
105. George Prescott	39:22	177. Bill Freeman	42:40	249. Henry Wolstat	46:33
106. Les Berry	39:26	178. Chris Newall	42:40	250. Tim Ashley	46:34
107. Jeffrey Roulin	39:31	179. Eric Ellis	42:41	251. Joel Otkinoski	46:34
108. Don Best	39:33	180. Chris Foster	42:41	252. Mary Noyes	46:43*
109. Steve Dubois	39:34	181. Malcolm Washburn Jr.	42:44	253. Gary Lemons	46:45
110. Jerome Richard	39:35	182. Steven Marion	42:47	254. Bill Driscoll	46:45
111. Peter Bastow	39:38	183. Mark Metz	42:51	255. Stephen Brewer	46:52
112. Joe Regali	39:38	184. Michael Moore	42:54	256. Kathy Beauregard	46:57*
113. Harley Lee	39:42	185. Bruce Fenlason	42:57	257. James Goulding	47:05
114. Bill Conner	39:45	186. Jim Angwin	42:58	258. Terry Wiley	47:08*
115. Jay Reynolds	39:48	187. Victor Tedford	42:59	259. Larry Zellers	47:10
116. Ronald Deprez	39:49	188. Joan Lee	43:01*	260. Clyde Parker	47:13
117. Tom Alarie	39:52	189. unknown	43:02	261. Karen Fitzgerald-Gardner	47:15*
118. Geoff Hill	39:57	190. Tyson Travitz	43:03	262. unknown	47:15
119. Michael Dillon	40:03	191. Peter McDonald	43:04	263. Jerry Foster	47:18
120. Dallas Foss	40:12	192. David Freeman	43:04	264. Tom Atchison	47:23
121. John Campbell	40:14	193. Robert Spurrier	43:05	265. Douglas Wood	47:29
122. Joan Samuelson	40:16*	194. John Chandler	43:08	266. Michael Gallant	47:29
123. Steve Robertson	40:17	195. Jay Paul Jenkins	43:08	267. Ralph Baxter Sr.	47:33
124. Mark Danyla	40:18	196. Joan Lavin	43:24*	268. Winifred Wood	47:33*
125. Brian Chamberlain	40:23	197. Marie Forest	43:30*	269. Virginia Steckowych	47:34*
126. Dick Cummings	40:29	198. Mary Lynn Jenkins	43:34*	270. Beth Thompson	47:35*
127. Jon Buxton	40:29	199. James DiVirgilio	43:43	271. Gary Yeomans	47:37
128. Bob Miller	40:30	200. Jim Nelson	43:48	272. Sam Allen	47:44
129. Karl Brantner	40:31	201. Vern Gardner	43:50	273. Michael Scarks	47:44
130. unknown	40:34	202. John Grady	43:57	274. Anthony Jessen	47:48
131. Kevin Pinette	40:44	203. Lee Akerley	43:59	275. Larry McHugh	48:03
132. John Brady	40:44	204. David Hutchinson	44:00	276. Barney Schneider	48:04
133. Michael Tessier	40:45	205. Carol Pierce	44:01*	277. Paul Ricci	48:05
134. David Dowling	40:47	206. Don Sanborn	44:02	278. Henry Magnuson	48:08
135. John Leeming	40:50	207. Michael Hayes	44:03	279. Dick Campbell	48:10
136. Jack Iretton-Hewitt	40:51	208. Dean Daly	44:05	280. Chris Pezzullo	48:17
137. Brian Kelly	40:52	209. Tom Menedez	44:06	281. Karen Carlson	48:18*
138. Ralph Leonard	40:54	210. Kelly Reynolds	44:14*	282. Bill Sargent	48:19
139. Donald Wilson	40:54	211. George Wells	44:18	283. Arthur Gingold	48:21
140. Jane Rau	40:54*	212. Roger Hill	44:21	284. Pete Sutcliffe	48:22
141. Peter Flaherty	40:59	213. David Benn	44:24	285. MF Harmon	48:29

286. Steve Blatus	48:44	358. unknown	53:48	11. Dana Maxim	16:45
287. Cheryl Gigir	48:45*	359. Stephen Nichols	53:51	12. Sam Brown	16:55
288. Marian Skinner	48:46*	360. Kathy Greenleaf	53:56*	13. Rusty Davis	17:07
289. Deborah Baker	48:49*	361. Irene Morris	53:57*	14. Dick Balentine	17:08
290. Bob Bass	48:50	362. John Kendall	53:57	15. Michael Thompson	17:12
291. Michael Nobile	48:56	363. Joe Bennett	54:10	16. Chris Trueworthy	17:18
292. Patti Lerwick	48:57*	364. Walter Ashley	54:31	17. Julia Kirtland	17:21*
293. Christa Curtis	49:02*	365. Bernard Ross	54:54	18. Terry Hartford	17:29
294. John Diller	49:04	366. Tom Wells	55:04	19. Newell Lewey	17:31
295. Denise Bubar	49:07*	367. Ryan Kemna	55:11	20. Steve Peterson	17:38
296. Rick Pelletier	49:08	368. Nancy Ludewig	55:13*	21. Jeffrey Tapley	17:43
297. Barbara Hobson	49:09*	369. Margaret Soule	55:14*	22. Steve Moser	17:50
298. Ellen Spring	49:10*	370. Charles Walsh	55:15	23. Ron White	18:00
299. Charlene Morse	49:13*	371. Paula Glennon	55:16*	24. David Brewer	18:05
300. Henry Welzel	49:17	372. Lori Garon	55:23*	25. Bill Pinkham	18:07
301. JP Lavoie	49:24	373. Don Peters	55:24	26. Fred Merriam	18:23
302. Stephen Guyer	49:25	374. Leo Todd	55:26	27. Jeff Rochefort	18:33
303. Haven Olivier	49:29	375. Lillian Davis	55:38*	28. David Bishop	18:35
304. Robert MacCleod Jr.	49:31	376. Terry Kelley	55:48*	29. Tom Kirby	18:36
305. Adrienne McGuigan	49:39*	377. Roberta Greenfield	55:50*	30. Ben Perry	18:40
306. Diane Peterson	49:40*	378. Linda Hunt	55:51*	31. Serena Pottle	18:45*
307. unknown	49:50	379. Dee Nicely	56:04*	32. Pat Kamm	18:59
308. Bob Perkins	49:52	380. Ramona Metz	56:20*	33. Robert Abrams	19:13
309. James Griffin	49:56	381. Dick Rice	56:23	34. Tyce Toothaker	19:17
310. Carol Nichols	49:59*	382. Bill Vickerson	56:29	35. David Green	19:18
311. Chris Murphy	50:00*	383. Ellana Clark	56:39*	36. Kevin Vickers	19:20
312. Bob Sheehan	50:04	384. Diane Cain	56:57*	37. Paul O'Brien	19:25
313. John Eriksson	50:05	385. Dan Rhodes	57:03	38. Robert Dow	19:27
314. Heidi McDonald	50:09*	386. Jeremy McGowan	57:04	39. Jerry Saint Amand	19:29
315. Mary Poulin	50:09*	387. Ingrid Snekvik	57:12*	40. Ben Rivers	19:31
316. Valerie Brooks	50:10*	388. Christine Detroy	57:13*	41. Kevin Hartford	19:43
317. Mark Clinch	50:11	389. Elizabeth Coates	57:35*	42. Michael Hartford	19:54
318. Warren Wilson	50:14	390. Cheryl Gilbert	58:05*	43. Hollis McVeigh	19:56
319. Robert Wyman	50:14	391. Gustin Luttrell	58:17	44. Stephen Cole	20:03
320. Bill Lovett	50:17	392. James Brescia	60:01	45. Nathan Gilbert	20:05
321. Gene Roy	50:24	393. Jeanne Richmond	60:05*	46. Dick Miles	20:14
322. Gary Kent	50:27	394. Joseph Mahoney	60:14	47. Sheila Hodges	20:16*
323. Michael McDonald	50:32	395. Paul Sieg	61:11	48. Steve Brennan	20:27
324. Deb Guyer	50:53*	396. Doris Healey	61:20*	49. John Wakely	20:43
325. Andrew Haslam	50:53	397. Deborah Borduas	62:08*	50. unknown	21:05
326. Paul Ewald	50:58	398. Linda Benn	62:58*	51. Jeannine Allard	21:13*
327. Susan Neal	51:02*	399. Ellis Coates	63:34	52. Kim Thompson	21:14*
328. Jean Thomas	51:07*	400. Pam Kinner	64:21*	53. Barbie Beal	21:17*
329. Mary Kimball	51:17*	401. Rennie Tophum	64:22*	54. David Williams	21:34
330. Bill Driscoll	51:22	402. Corleen Garland	64:58*	55. Richard Cole	21:35
331. Carol St. Hilaire	51:23*	403. Michelle Mondor	65:25*	56. Wayne Ayers	21:37
332. Richard Robinov	51:26	404. Susan Cummings	65:29*	57. Ken Edelston	22:19
333. Dennis Eagleson	51:31	405. Joshua Simpson	65:35	58. Brendan Reilly	22:20
334. Vladimir Wormwood	51:31	406. Donna Moulton	65:48*	59. Richard Hartford	22:21
335. Janice Dorsey	51:32*	407. Ruth Hefflefinger	66:32*	60. Susan O'Brien	22:29*
336. Larry Perkins	51:58	408. Kristen Clark	68:12*	61. Mike Toothaker	22:31
337. Jamie Rand	52:00*	409. Marsha Wood	68:14*	62. Jon Bates	22:32
338. Roger Dionne	52:02	410. Judaline Crosby	68:15*	63. Aaron Mayo	22:33
339. Emily Stuart	52:07*	411. Carol Rice	73:26*	64. Matt Johnson	22:34
340. Alan Fink	52:18			65. Joe Aubin	22:38
341. Widgery Thomas Jr.	52:37			66. Stacy Becker	22:40*
342. Peter Thomas	52:38			67. Gerry Bryan	22:58
343. Jane Gagne	52:43*			68. Skip Howard	23:05
344. Diane Flanders	52:43*			69. Jerry Bates	23:20
345. Gail Browning	52:50*			70. Jarrett Rushmore	23:21
346. Don Penta	52:53			71. Jacquelyn Williams	23:22*
347. Don Leeman	52:56			72. Heather Hawkins	23:32*
348. Tom Chadbourne	52:58			73. Kate Bishop	23:35*
349. Nancy Lonsinger	53:01*			74. Katherine Cole	23:51*
350. Betty Paquet	53:07*			75. Marshall Moody	24:06
351. Michael Brewer	53:12			76. Theresa Hainel	24:09*
352. Milly Rhoades	53:26*			77. Susan Thompson	24:10*
353. Paula Lepore	53:26*			78. Diane Peterson	24:14*
354. Maureen Carr	53:29*			79. Mike LaChance	24:18
355. Richard Lepore	53:29			80. Lilly Haggerty	24:50*
356. Gary Winton	53:35			81. Meredith Atkins	24:51*
357. Diana Laskey	53:37*			82. Carrie Beam	25:21*

Results courtesy of Maine Coast RR

WARREN BISHOP MEMORIAL 2.9M RUN

Hampden	Nov. 4

1. Michael Gaige	15:05
2. Brent Leighton	15:06
3. Richard Hartford	15:34
4. Tom Rhodes	15:40
5. Al Claussen	16:01
6. Andrew Beardsley	16:03
7. Hugh McLean	16:13
8. Phil LeBreton	16:24
9. Ryan Hastey	16:29
10. Lee Stover	16:40

83. Norman Fitzgerald	25:31	38. Craig Haggett	34	31:07	21. Stafford Soule	39:12
84. Leona Clapper	25:49*	39. Doug Beuparlant	18	31:07	22. John Braccio	39:27
85. Allen Sockabasin	25:55	40. Kathy McCosh	23	31:15*	23. Robert Stuart	39:32
86. Susan Hart	26:05*	41. Jeff Kuller	33	31:17	24. Donna Hubert	39:47*
87. Jane Camuso	26:06*	42. Nick Hyde	39	31:35	25. David Titcomb	39:55
88. Matt Amsden	26:19	43. Cathy Jurgelevich	25	31:49*	26. Blair Dwyer	40:00
89. Charles Clapper	27:06	44. unknown			27. Veronica Knight	40:04*
90. Anne Norton	27:07*	45. Jim Merrill	28	31:54	28. Mary Meehan	40:09*
91. Patricia Kennedy	27:18*	46. Paul Yates	38	32:01	29. Bill Pavlisko	40:10
92. Gail Dana	27:22*	47. Dean Shea	49	32:03	30. John Campbell	40:17
93. Jennifer Cole	27:25*	48. Gary Lemons	45	32:05	31. Kelley Cullenberg	40:19*
94. Sharon Cole	27:36*	49. Carl Fogg	41	32:08	32. Steven Doran	40:24
95. Catya Volland	28:05*	50. Dale Turner	33	32:24	33. Mary Ann Doss	40:26*
96. Jennifer Dowd	30:29*	51. Douglas Baston	42	32:26	34. Carl Reilly	40:32
97. Mike Knupp	30:30	52. Allen Hersom	31	32:41	35. Frank Ferland	40:35
98. Leah McBrearity	30:33*	53. Amanda Russell	30	32:47*	36. Terry Clark	40:43
99. Stacy Whitcomb	30:46*	54. Niko Kazakos	18	32:50	37. Ruth Hall	40:51*
100. William Albee Sr.	31:53	55. Ed St. John	50	32:53	38. Bert Jordan	41:00
101. Anjanette Lowe	32:04*	56. Donna Taylor	40	32:56*	39. Gary Coyne	41:12
102. Shaun Dowd	32:32	57. Bill Gordon	42	33:00	40. Dale Rines	41:16
103. Shellie Arbuckle	34:43*	58. Larry Zellers	35	33:02	41. Richard Scribner	41:17
104. Alissa Mansfield	34:44*	59. Claire Vandervan	29	33:05*	42. Jules Fertig	41:34
105. Angela Pellegrino	34:45*	60. Scott MacDonald	38	33:06	43. Rob Craig	41:48
106. Kristina Catelle	34:46*	61. Brian Cullen	47	33:24	44. Jack Ireton-Hewitt	41:55
107. Kate Logan	34:47*	62. Douglas Clapp	41	33:41	45. Karl BraNtner	41:57
108. Jan Dowd	38:56*	63. David Christie	34	34:03	46. Philip Soule	42:08
109. Andrea Foster	40:52*	64. Kim Lynch	29	34:22*	47. Bob Lyman	42:08
		65. Rick O'Brien	43	35:06	48. John Schwanda	42:12
		66. Lorraine Paradis	33	35:09*	49. Bob Jolicoeur	42:16
		67. Howard LaPorte	49	35:38	50. Philip Pierce	42:24
		68. John Ouillette	41	35:39	51. Joan Samuelson	42:26*
		69. Cheryl Pooler	44	35:41*	52. Jerry Saint Amand	42:28
		70. Walter Foster	44	36:01	53. Sheila Hodges	42:34*
		71. Donnajean Pohlman	38	36:41*	54. Victor Tedford	42:39
		72. Brenda Mahnken	23	36:52*	55. Alan Landstot	42:48
		73. Maureen Carr	25	36:52*	56. John LeRoy	42:50
		74. Tim Mannette	46	36:59	57. Scott Davis	42:53
		75. Dennis Connelly	41	37:09	58. Hugh Dawson	43:01
		76. Jim Schillinger	48	37:45	59. Peter McDonald	43:22
		77. Shirley Chamberlain	44	38:06*	60. Rosalyn Randall	43:29*
		78. Harold VanBuren	16	38:14	61. Neil Martin	43:31
		79. John Woods	71	38:23	62. Alan Graybeal	43:32
		80. Neil Gallagher	47	41:06	63. Thomas Newton	43:34
		81. Helen Booth	41	44:50*	64. Steve Grover	43:35
		82. Albert Giasson	70	47:03	65. David Berrang	43:36

Results courtesy of Dick Balentine

11TH VETERANS MEMORIAL 4.5M ROAD RACE

Wiscasset Nov. 5

1. Tom Thibeu	31	24:25
2. Steve Shea	19	24:52
3. Steve Reed	41	25:05
4. Barry Fifield	32	25:29
5. Alan Reilly	36	25:57
6. Brian Ladner	31	26:01
7. Greg Hodgdon	18	27:08
8. Joe Meehan	43	27:26
9. Raymond Murray	24	27:34
10. Rex Johnson	31	27:35
11. Michael Abbott	21	27:40
12. Dan Robertshaw	38	28:16
13. John Campbell	29	28:18
14. Mary Meehan	23	28:19*
15. Donna Hubert	22	28:26*
16. Richard Scribner	38	28:34
17. Dale Rines	37	28:43
18. Carl Reilly	36	28:45
19. Dick Cummings	52	28:50
20. Scott Cumming	17	28:54
21. Tom Amory	39	28:58
22. Robert Marquis	51	29:02
23. Robert Rines	34	29:06
24. Chuck Shea	48	29:16
25. Diane Lounder	27	29:26*
26. Kirk Jurgelevich	36	29:32
27. Rhonda Morin	23	29:41*
28. Jim Booth	44	29:47
29. Hugh Dawson	37	29:52
30. Bob Gordon	30	29:57
31. Jerry Saint Amand	46	30:04
32. Tom Merrill	24	30:12
33. Rick Shea	21	30:19
34. John LeRoy	52	30:23
35. Steve Grover	34	30:27
36. Alan Edmond	36	30:57
37. Ron Paquette	48	31:02

Results courtesy of Don Brewer

GREAT OSPREY OCEAN 10K Freeport Part VIII Nov. 18

1. Tom Thibeu	34:07	73. David Ranslow	44:46
2. Peter Hall	35:15	74. Eric Bowie	44:54
3. Joel Titcomb	35:33	75. Richard Cavanaugh	44:55
4. Stephen Fluet	35:36	76. Marjorie Adams	44:57*
5. Stephen Reed	35:52	77. Ed Howell	45:05
6. Alan Reilly	35:52	78. Bill Fruth	45:43
7. Stephen Friel	36:06	79. Peter Allen	45:45
8. Brian McCrea	36:27	80. Ken Brennen	45:52
9. Mike Olsen	36:32	81. Randy Moore	45:56
10. Steven Hightower	37:01	82. Larry Mudron	45:57
11. John Eldredge	37:06	83. Henry Wolstat	46:00
12. Jim Bunnell	37:12	84. Jim Kloster	46:02
13. Wayne Clark	37:23	85. Norman Pignolet	46:04
14. Rose Prest-Morrison	37:27*	86. Edward St. John	46:06
15. Doug Ludewig	37:44	87. William Sylvester	46:06
16. Michael Thompson	37:47	88. Elizabeth Handy	46:20*
17. Ron Cedrone	38:02	89. Ted DeSoulmier	46:23
18. Joe Meehan	38:06	90. David Christie	46:36
19. Stewart Jordan	38:22	91. Carol Gillis	46:50
20. Denis Poulin	39:03	92. Clinton Goodenow	46:50

93. Dave Hyde	46:54	21. Rob Erksine	17:56	93. Walter Kurpiel	21:06
94. Kathy Beauregard	47:25*	22. Larry Frank	17:59	94. David Horr	21:08
95. Paul Dall	47:28	23. Robert Jordan	18:01	95. Dick Miles	21:10
96. Patti Lerwick	47:39*	24. Phil LeBreton	18:03	96. Jim Kloster	21:10
97. Travis Pryor	48:02	25. Glen Holyoke	18:03	97. John Goodwin	21:15
98. Nancy Lovetere	48:04*	26. Michael Thompson	18:05	98. Matt Reiling	21:19
99. Don Brewer	48:13	27. Lee Edick	18:08	99. Reynold Dubois	21:21
100. Tom Atchison	48:17	28. John Wales	18:11	100. Lauren Eastler	21:24*
101. Ingrid Lorenzen	48:24*	29. Gene Kasper	18:13	101. John Carpentier	21:30
102. Jean Smith	48:57*	30. Myles Lemieux	18:15	102. John Rubino	21:31
103. Jill Martin	49:02*	31. Ken Remsen	18:19	103. Oyuino Meistro	21:32
104. Theron Hatch	49:02*	32. Fred Merriam	18:22	104. Michael Hartford	21:32
105. Steve Collins	49:05	33. Rod White	18:24	105. Melissa Lockman	21:37*
106. Allen Hersom	49:05	34. Frank Breau	18:26	106. Joe Bennett	21:38
107. Arthur Gingold	49:07	35. Dave Torrey	18:27	107. Kerry Shea	21:41*
108. Richard Weirich	49:18	36. Rob Shea	18:28	108. David Samuelian	21:44
109. Donnajean Pohlman	49:32*	37. Troy Francis	18:29	109. Kim Thompson	21:47
110. Mary Poulin	49:36*	38. Russell Nugent	18:29	110. Joan Merriam	21:47*
111. Rick O'Brien	49:50	39. Terrance Hartford	18:46	111. Stan Carson	21:47
112. Patrick Kennedy	50:16	40. Bill Pinkham	18:15	112. Bill Leithauser	21:47
113. Henry Welzel	50:36	41. Jon Kraft	18:52	113. Wayne Ayers	21:48
114. Barbara Coughlin	50:38*	42. Theresa Withee	18:56*	114. Pauline Allen	21:49
115. Lynda Sullivan	50:41*	43. Tim Reid	18:57	115. Barbie Beal	21:50*
116. Bob Wyman	50:54	44. Scott Tash	18:58	116. Gary Fessler	21:52
117. Warren Wilson	51:05	45. Ed Harrow	18:59	117. Bob DesJardins	21:52
118. Meg McGovern	51:40*	46. John Frachella	19:01	118. Janis Nicholson	21:53*
119. Andy Russell	52:03	47. Jon Loring	19:02	119. Adam Fisher	21:54
120. Caroline Thorne-Lyman	52:34*	48. Awani Love	19:02	120. Mark Ranco	21:56
121. Mary Pryor	52:53*	49. Steve Palley	19:03	121. Jeff Loeppel	21:56
122. Kevin Chute	52:53	50. David Brewer	19:08	122. Niede McTimoney	21:58
123. Emily Stuart	52:55*	51. Ron Bryant	19:10	123. James Hinds	22:01
124. Don Osborne	53:29	52. Duane Hanselman	19:10	124. Matthew Curran	22:02
125. John Heye	53:29	53. Stephen Colson	19:13	125. Barry Dana	22:03
126. Roberta Greenfield	55:29*	54. Stephen Norton	19:14	126. Daniel Michaud	22:10
127. Teri Kelly	56:45*	55. Scott Hinckley	19:15	127. Erin Brennan	22:11*
128. Susan Morejon	56:47*	56. David Green	19:20	128. Deb Wilson	22:13*
129. Roy Morejon	57:09	57. Gerry Caron III	19:29	129. Bill Shackelford	22:17
130. Christina Deltroy	57:09*	58. Tom Kirby	19:29	130. Susan O'Brien	22:26*
131. William Tozier	57:36	59. Terry Goodlad	19:30	131. Steve Sisson	22:27
132. Steve Levesque	59:00	60. Alan Howard	19:32	132. Kelly Campbell	22:29*
133. Tim Wiblin	60:34	61. Perley Merrick	19:37	133. Kate Ringo	22:30*
134. Wayne Newland	62:34	62. Brian Galipeau	19:40	134. Dick Coffin	22:32
135. Jane Weirich	62:34*	63. Samuel Mondragon	19:43	135. Don Hoxie	22:34
136. Lisa Boulter	63:39*	64. Perry LeBreton	19:43	136. Richard Hartford	22:38
137. Sarah Snowman	68:22*	65. Mike Kelley	19:46	137. Olcay Akman	22:39
		66. Oskar Feichtinger	19:49	138. Mary Johnson	22:41*
		67. Jason Higgins	19:50	139. Rena Lolar	22:43*
		68. Kevin Vickers	19:51	140. Jerry Herlihy	22:48
		69. Jerry Ellis	19:52	141. Josephine Cooper	22:51*
		70. Tom Tetu	19:56	142. Julie Johnson	22:52*
		71. Paul O'Brien	19:59	143. Richard Cole	22:54
		72. Shawn Lafland	20:00	144. Tabatha Ror	22:54*
		73. Ernie Henderson	20:01	145. Dan Merrill	22:55
		74. Tim Gould	20:09	146. unknown	22:56
		75. Gary Lloyd	20:14	147. Andrew Graham	22:58
		76. Serena Pottle	20:19*	148. Joe Aubin	23:00
		77. Will Hayes	20:20	149. Robert Titus	23:00
		78. Colan Davis	20:23	150. Michael Jeffrey	23:01
		79. Jim Tash	20:26	151. Carol Graham	23:01*
		80. Kimberly Pierce	20:34*	152. Alexander Mesrobian	23:06
		81. Jerry Saint Amand	20:36	153. Nancy Koeppel	23:13
		82. Ben Perry	20:41	154. Diane Peterson	23:17
		83. Sarah Gehrt	20:42*	155. Don O'Halloran	23:21
		84. Ken Shea	20:42	156. Sidney Massey	23:22
		85. George Jacobsen	20:45	157. Dale Lolar	23:25
		86. Sheila Hodges	20:45*	158. unknown	23:27
		87. David Francis	20:52	159. Skip Howard	23:30
		88. Robert Faucher	20:58	160. Howard Dunn	23:30
		89. James Pierce	21:03	161. Brian Osgood	23:34
		90. Rick Swan	21:04	162. Cathy Ramsdell	23:34*
		91. Jack Cashman	21:05	163. Stephany Gaige	23:37*
		92. Mike Sinclair	21:05	164. Art Fraser	23:52

Results courtesy of FCE

8TH TURKEY TROT 5K**Brewer Nov. 19**

1. Roy Morris	15:32
2. Michael Gaige	15:40
3. Brent Leighton	15:53
4. Glendon Rand	15:58
5. Michael Sargent	16:05
6. Ton Rhodes	16:24
7. Art Feeley	16:32
8. Chad Sisson	16:35
9. Hugh MacLean	16:46
10. Lee Stover	16:48
11. Mark Chasse	17:15
12. Cliff Rogers	17:18
13. Ian Davison	17:25
14. James Sackett	17:28
15. Ron Pelletier	17:35
16. Tom Johnson	17:41
17. Steven Peterson	17:44
18. Todd Pete	17:46
19. John Mills	17:48
20. Ken Gehrt	17:55

165. Steve Smith	23:55	237. Jerry Goss	31:11	16. Steve Hightower	23:40
166. Courtney Wall	24:04*	238. Dennis Kian	31:29	17. Ed Cantin	23:42
167. Ali Ozluk	24:04	239. Sharon Bryant	31:31*	18. Richard Mulhem	23:43
168. Bill Lawler	24:08	240. Mike Kiley	31:33	19. Jim Bunnell	23:51
169. Elise Arsenaault	24:08*	241. Brian Gilliss	31:41	20. Norm DeRoche Jr.	23:54
170. Susan Howard	24:09*	242. Penny Bohac-Cardello	31:55*	21. Zac Laidley	23:56
171. Steve Reiling	24:19	243. Linda Merrill	32:19*	22. Mike Olsen	24:04
172. Tom Cole	24:28	244. Sarah Hanson	32:31*	23. Roger Pehan	24:08
173. Sylvia Unruh	24:33*	245. Joe Dana	32:31	24. Jason Turner	24:21
174. Brent Hartley	24:35	246. Katie Norton	32:31*	25. Sam Merrill	24:21
175. Tom Mulvey	24:40	247. Matt Pardilla	32:45	26. Gary Salamone	24:31
176. Mike LaChance	24:43	248. Travis Michaud	32:47	27. Don Barton	24:41
177. Michael Johnson	24:46	249. Vicky Akins	32:49*	28. Kevin Gile	24:43
178. Dennis Wellman	24:53	250. Joanna Cote	32:51*	29. Ron Cedrone	24:43
179. Richard Merrill	24:54	251. Ian Lolar	32:54	30. Chuck Spear	24:46
180. Julia Allan	25:02*	252. Kelly Cookson	32:55*	31. John Tarling	24:46
181. Ken Tableman	25:08	253. David Thibodeau	32:55	32. Deke Talbot	24:49
182. David Cull	25:18	254. Aurele Ouellet	34:49	33. Dan Deniso	24:52
183. Dan Perry	25:21	255. Lance Lewey	34:54	34. Steve Dubord	24:55
184. Ryan Thomas	25:28	256. Riley Lewey	34:55	35. Jack Frost	25:00
185. Lisa Stewart	25:29*	257. Newell Lewey	34:55	36. Phil Wells	25:01
186. Catherine Carter	25:36*	258. Frances Faucher	35:30	37. Howard Chadbourne Jr.	25:02
187. Gabriel Brooks	25:40	259. Andrea Pardilla	35:48*	38. Ryan MacDonald	25:16
188. Charleen Wiseman	25:46*	260. Janet Pardilla	35:49*	39. Charles Snekvik	25:17
189. unknown	25:49	261. Linda Norton	36:44*	40. Scott Guyer	25:20
190. Keona Love	25:54	262. Paul Paulson (W)	37:16	41. Doug Darby	25:21
191. Brian Reiling	26:03	263. Barbara Ouellette	37:28*	42. Paul Casey	25:25
192. Allen Sockabasin	26:10	264. Susan Bennett	37:29*	43. Lawson Noyes	25:33
193. John Sapiel	26:22	265. Millie Rice	38:10*	44. Jeff Rand	25:38
194. Leona Clapper	26:22*	266. Doug Thompson	39:33	45. Steven Robertson	25:42
195. Irene Samson	26:30*	267. Betsy Hatfield	44:18*	46. Dale Rines	25:43
196. John Green	26:39	268. Ron Hatfield	44:18	47. Gary Coyne	25:44
197. Kris Loring	26:39	269. Peg Amato	44:22*	48. Bill Pavlisko	25:45
198. Joseph Baker	26:42	270. Mary Lou Armes	44:22*	49. Walter Cahill	25:47
199. Tammie Turner	26:48*	271. Alice Breau	45:05*	50. David Peterson	25:52
200. Stephanie Pauly	26:53*	272. Don Thompson	45:26	51. David Burnham	25:53
201. Preston Ringo	26:53	273. Candace Green	45:27*	52. Richard Scribner	25:56
202. Richard Norton	27:00	274. Ron Delano-Ellis	48:03	53. Jim Catapano	25:57
203. Robert Lapointe	27:04	275. Gavin McCarthy	49:58	54. John Stakel	26:00
204. Gail Dana	27:06*	276. Andrea Hatfield	51:50*	55. Ed Doughty	26:05
205. Jill Paul	27:08*	277. Erika Wellman	51:53*	56. Phil Vezina	26:11
206. Fran McMahon	27:09	278. Kathleen Wellman	52:25*	57. Bill Whitmore	26:13
207. Charles Clapper	27:12	279. Jean Goss	52:25*	58. Bert Jordan	26:18
208. Beth Gaige	27:12*	280. Judy Fraser	52:29*	59. Terry Clark	26:32
209. Doreen Raymond	27:14*	281. Bonnie Whitney	56:11*	60. Al Butler	26:35
210. Donna Ingalls	27:15*	282. Nickie Ellis	56:11*	61. Chuck Massie	26:36
211. Anne Norton	27:15*	283. Jason Thomas	56:12	62. John Powell	26:40
212. Becky Coleman	27:18*	284. Sam Ouellet	60:55	63. Jay Manning	26:43
213. Amy Harrow	27:18*			64. Gary Barton	26:46
214. Don Benson	27:19			65. Dan Reid	26:54
215. Kim McPheters	27:22*			66. Richard Marino	26:57
216. Angela Lufkin	27:24*			67. Thomas Carl	27:00
217. Alemnas Neeburnburn	27:31			68. Roy Morejon	27:02
218. Gretchen Eastler (W)	27:34*			69. Joe St. Hilaire	27:05
219. Annette Miles	27:50*			70. Jeff Richards	27:06
220. David Kane	28:14			71. Kirk Jurgelevich	27:08
221. Terry Cousins (W)	28:53			72. John Farrugia	27:09
222. Denise Breau	28:56*			73. Richard Blake	27:10
223. Amy Turner	29:16*			74. Stephen Hanson	27:10
224. Heather Commack	29:21*			75. Rick Ouellette	27:12
225. John Porter	29:21			76. Paul Bourget	27:16
226. Mary Allen	29:24*			77. Norman Locke	27:17
227. Phyllis Goodlad	29:25*			78. Tom Merrill	27:19
228. Kristen Dame	29:29*			79. David Silk	27:21
229. Joshua Vermette	29:34			80. Joe Doane	27:24
230. Donna Shackelford	29:39*			81. Winthrop Phillips	27:27
231. Laurie Decontie	29:42*			82. David Stakel	27:33
232. Carrie Bridges	29:45*			83. Scott Davis	27:34
233. Diane Hussey	29:53*			84. Peter DeTroy	27:38
234. Janice Gran	30:04*			85. Robert Moyer	27:40
235. Daniel Tandy	30:16			86. Peter Flaherty	27:42
236. Catha Lewey	30:53*			87. Don Wilson	27:46

Results courtesy of Dave Jeffrey

SHAW'S THANKSGIVING 4M
Portland Nov. 23

MEN

1. Rick Garcia	21:36
2. Rich Perry	21:54
3. Mike Lyons	22:21
4. James Harvie	22:28
5. David Wong	22:29
6. Barry Fifield	22:36
7. Joel Titcomb	22:55
8. David Gillingham	23:08
9. David Libby	23:09
10. James Sackett	23:14
11. Dan Barker	23:18
12. Bob Strout	23:19
13. Steve Fluet	23:20
14. Chris Mansfield	23:31
15. Joel Croteau	23:36

3. Seth Thornton	15	12:20
4. Jim Perry	17	13:20
5. Ryan Paradis	15	13:55
6. Ray McFarland	24	14:35
7. Cody Rau	11	15:12
8. Chris Reed	13	15:23
9. William Crosby	22	15:35
10. Michael Szela	36	15:49
11. Roger Mills	40	15:49
12. Rich Abramson	40	15:49
13. Becky Roy	13	16:20*
14. Stan Burgess	45	16:32
15. Barbara Gamage	18	16:59*
16. Gail Brum	31	17:41*
17. Harold Way	52	17:59
18. Bill Tozier	62	18:12
19. Bill Hodgkins	19	18:36
20. Harvey Mason	56	18:56
21. Robert Huotari	44	19:16
22. Louise Way	51	21:16*
23. Mary Beth Canning	32	24:20*

Results courtesy of CMS

10TH GASPING GOBBLER 10K Augusta Nov. 23

1. Tom Thibeu	31	35:34
2. Andy Costello	24	36:05
3. JR Stockwell	28	36:31
4. Steve Reed	41	36:46
5. Paul Thompson	42	38:14
6. Marc West	17	38:15
7. Brian Ladner	31	38:16
8. Rob Erksine	19	39:39
9. Joe Meehan	43	39:50
10. Barry Wight	30	40:00
11. Adam Turner	15	40:27
12. Colin Hickey	27	40:36
13. RJ Harper	43	40:41
14. Joe Coleman	22	40:45
15. Mert Dearnley	41	40:49
16. Doug Ludewig	50	40:53
17. Jack Hodgkins	21	41:45
18. Michael Loughin	31	42:04
19. John Young	30	42:05
20. Veronica Knight	22	42:09*
21. Edward Miller	39	42:10
22. Keith Canning	25	42:56
23. Kim Vandermeulen	38	43:14
24. Peter Tozier	33	43:21
25. Roy Rodgers	36	43:26
26. unknown		43:38*
27. Scott Bean	27	43:50
28. Jim Booth	44	44:07
29. Kevin Osher	37	44:35
30. Kris Higgins	18	44:41*
31. Jack Ireton-Hewitt	52	44:41
32. Brian Covell	29	45:11
33. Syd Sewall	40	45:38
34. Beth Hodgkins	22	45:59*
35. Charles Morin	27	46:07
36. Ken Hooper	39	46:11
37. Ed Atlee	50	46:33
38. Mark Alex	30	46:39
39. John Edmondson	49	46:53
40. Jim Pierce	34	46:58
41. Richard Higgins	43	47:09
42. Bryan Bilodeau	29	47:16
43. Jim Kloster	31	47:19
44. Ed Mooney	40	47:20

45. Larry Leach	37	47:33
46. David Benn	44	47:35
47. Craig Haggett	34	47:36
48. Mark Lapointe	23	47:56
49. David Ranslow	40	48:08
50. Allen Hersom	31	48:10
51. David Chambers	24	48:14
52. Stan Drinkwater	48	48:15
53. Karen Carlson	28	48:29*
54. David Christie	34	48:35
55. Peter Connell	37	48:43
56. Jim Mitton	30	48:56
57. Susan Blaisdell	49	49:16*
58. Paul Dall	48	49:17
59. John Coughlin	37	49:49
60. Dora Anne Mills	29	50:10*
61. Larry Brown	36	50:19
62. Bill Sayres	58	50:45
63. Mike Levey	45	51:00
64. Bob Whitten	56	51:40
65. Pete Golding	34	51:45
66. Marc Miville	15	51:49
67. Karen Lipman	18	52:27*
68. Frank Setter	45	52:34
69. Regina Erksine	25	52:56*
70. Sam Mitchell	35	52:57
71. Tom Crowley	36	53:25
72. Rachael Roy	15	53:38*
73. Christina Thompson	15	53:58*
74. Allen Ryan	47	54:04
75. Kelly Leach	32	55:27*
76. Allyson Schade	21	56:18*
77. Mike Wing	40	56:50
78. Richard Lepore	59	57:44
79. Robert Miville	44	58:18
80. Carole Wisaa	28	58:54*
81. Wayne LaChance	37	59:47
82. Robert Whipple	39	62:09
83. Gail Schade	51	62:31*
84. Arnold Ricker	46	63:46
85. Bella Sewall	13	64:35*
86. Helen Booth	41	65:18*
87. Debbie Pepe	48	71:53*
88. Shirley Fenlason	54	77:16*
89. Mardie Brown	72	82:46*

Results courtesy of CMS

4TH TURKEY TROT 5K Caribou Nov. 25

MALE

1. Bob Everett	15:44
2. Eric Thornton	17:16
3. Frank Frost	17:20
4. Gary Feeney	17:27
5. Larry Tonzi	17:30

FEMALE

1. Donna Sund	20:05
2. Angela Edgecomb	20:27
3. Connie McClellan	20:38
4. Rachael Cleaves	21:31
5. Eleanore Anderson	21:42

79 finishers

Results courtesy of Neal Genz

CHRISTMAS CLASSIC 5K Farmington Nov. 27

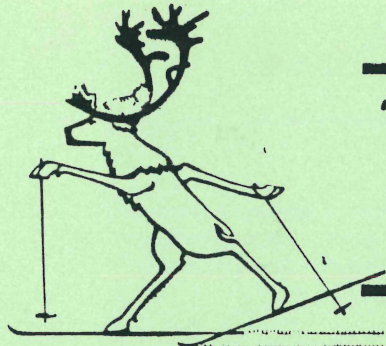
1. Randy Hastings	35	17:15
2. John Manzer	35	17:38
3. Norman DeRoche	31	17:42
4. Jeff Brown	39	17:44
5. Jamie Frost	16	18:10
6. Barry Wight	30	18:22
7. Jim Flagg	17	19:29
8. Jeremy Howard	13	19:40
9. David McManus	31	19:52
10. Bob Wight	32	20:02
11. Jerry Saint Amand	46	20:03
12. Michael Greenleaf	37	20:21
13. Jim Sullivan	43	21:13
14. Ron Paquette	48	21:23
15. Kristen Kuklinski	16	22:02*
16. Dora Anne Mills	29	22:10*
17. Joe Radziszewski	23	22:46
18. Carlton Mendell	68	22:49
19. Kevin Varney	16	23:25
20. John Sullivan	13	23:47
21. Walter Viles	53	23:53
22. Bruce Parker	44	24:42
23. Donnajean Pohlman	39	28:39*
23. Judith Remley	31	28:39*

Results courtesy of Jack Paul

6th SEASON'S GREETINGS 5.5M Madison Dec. 2

1. Randy Hastings	35	31:33
2. Steve Reed	42	31:35
3. Bob Strout	34	32:08
4. Alan Reilly	36	32:52
5. John Manzer	35	34:02
6. Myles Lemieux	48	35:38
7. Dave McManus	31	36:17
8. Bill Pinkham	47	36:23
9. Gust Stringos	34	36:33
10. Gene Roy	43	36:59
11. Kevin Vickers	43	37:45
12. Fred Merriam	42	37:48
13. Jerry Saint Amand	46	38:02
14. David Wilson	46	38:32
15. Geoff Hill	43	39:48
16. Carl Fogg	41	39:55
17. Jack Paul	33	40:08
18. David Benn	44	40:19
19. Dick Miles	34	40:23
20. Harry Nasse	55	40:46
21. Carlton Mendell	68	41:16
22. Nancy Lagin	39	41:19*
23. Donna Nale	31	41:26*
24. Walter Viles	53	43:27
25. Joan Merriam	41	43:30*
26. Mary Poulin	29	43:41*
27. Bruce Fowles	50	43:49
28. Michael Kay	39	44:39
29. Tim Smith	43	46:59
30. Leona Clapper	59	53:03*
31. Charles Clapper	60	53:13

Results courtesy of CMS



Penobscot Valley Health Association Presents:

8th The Great Caribou Bog Wicked Winter Ski Tour and Race

Bangor to Old Town

**Saturday, 11 a.m. Start behind
January 27, 1990 the Bangor Mall.**

**Late registration and bib distribution beginning
at 9:00 a.m. inside the Bangor Mall Main Entrance.**

The 8th Annual Great Caribou Bog Wicked Winter Ski Tour & Race will be held on Saturday, January 27th, 1990. The cross-country ski event began as part of Bangor's first "Winterfest" and has developed into a winter tradition, as much a part of the season as the Kenduskeag Canoe Race in the Spring. Three to four hundred skiers of all ages and sizes will line up for the 11:00 a.m. start behind the Bangor

The Race/Tour is a non-profit community event to benefit the Penobscot Valley Health Association. It is sponsored by the Health Association with the assistance of the Penobscot Valley Ski Club and the Penobscot Paddle and Chowder Society. There is fun for everyone on the 18 kilometer course (about 11 miles). Since the inception of the Race/Tour several variations on the route have been tried. This year's course has been changed so there will be only one road crossing (at Forest Avenue). The Maine Nordic Ski Patrol provides volunteers who patrol the course on Race/Tour-Day, equipped with first aid equipment and radios, to help the lost, injured, or strayed. The Greater Bangor Snowmobile Clubs helps with trail preparation and Race/Tour-Day patrols.

The competitively inclined go for broke - they work up a sweat trying for the course speed record, or just trying to beat everyone in their age class. The socially motivated can get together a team of three to five friends (family members, or school or business associates), invent a silly name, then ski together and enjoy the scenery along the course.

Classes: Participants may enter either as individuals or as members of one team. Team members will also be scored as individuals and will be eligible for individual class awards. Classes include all USSA age group classes for ages 13 and up. The track is inappropriate for children 10 and under. Children under the age of 13 must be accompanied by an adult who will be responsible for the child throughout the race. NOTE: IT IS VERY IMPORTANT THAT EVERYONE FILL IN THEIR DATE OF BIRTH ON THE ENTRY CARD. USSA REQUIRES THAT WE ASSIGN CLASS CATEGORIES ON THE BASIS OF DATE OF BIRTH. Separate classes by sex may not be formed if there are fewer than five entrants of each sex in an age group. Persons discovered to be lying about their age or sex may be reported to higher authority. There are separate classes for males and females. Here are the classes based on Date of Birth:

<u>Class</u>	<u>Age</u>	<u>Class</u>	<u>Age</u>
Jr. 3	Age 13-14	Master 3	40-44
Jr. 4	15-16	Master 4	45-49
Jr. 5	17-18	Master 5	50-54
Jr. 6	19-20	Master 6	55-59
Sr. 1	21-25	Master 7	60-64
Sr. 2	26-29	Master 8	65-69
Master 1	30-34	Master 9	70-74
Master 2	35-39	Master 10	75+

Teams: Teams may comprise from three to five persons. Groups of six or more persons should organize in two or more teams. Each team member must submit a separate entry form. Team scores will be determined by summing the finish places of the three fastest team members. A special award will be given to the first female team. Team categories are:

- {1} High School - All members are students at the same high school.
- {2} Faculty - All members are teachers at the same educational institution.
- {3} Undergrad - All members are students at the same educational institution.
- {4} Family - All members are from same family.
- {5} You-Name-It - Any group of friends, club members, co-workers, etc.
- {6} Female - Obvious!

Time Limits: Last year 402 people finished the course within 3 1/2 hours to win the tour ribbon and become eligible to wear the Caribou Bog Ski Tour hat. Last year's median time was 2 hrs. 14 minutes. The oldest entry was 79 years old while the youngest was 10. Twenty-four teams had enough skiers finish to be placed in the standings. Women made up one-third of the finishers. 27 finishers were over 50 years of age. Skiers who have tired by the time they reach Forest Avenue will be provided bus transportation to the finish line. If you do retire from the Race/Tour please let an official know, so that we do not initiate a search for a lost skier needlessly.

Equipment & Misc. Rules: Only entrants on skis will be permitted to start. Please leave your dog at home - he/she can be a nuisance in the track. Tracking is mandated. When an overtaking skier calls out "track," the slower skier must step aside to allow the faster skier to pass by stepping out of the track in the single-track portions of the course.

After the tour: There will be free transportation from the finish back to the start, so you don't need to worry about shuttling your own vehicle to the finish before hand. Buses will leave from the Sargent School back to the start at 1:30, 2:15, and at 3:00 p.m. If you've planned ahead, you will send your dry and warm clothes to the finish on the tour-committee truck. This year, as an addition to accommodate skiers and families, Dr. Bruce Denny-Brown has a crew lined up to have lunch, hotdogs, etc. for sale at the school after the Race/Tour. Relax, swap stories, meet new friends, and plan next weekend's outing. Awards and merchandize prizes will be presented as soon as results for a class are posted. Awards will not be mailed.

How to enter: Entry forms are available at local ski shoppes. They may also be obtained by calling 941-2875 in Bangor. They should be filled out completely and sent to the Caribou Bog Ski Tour and Race at Box 835, Bangor, Maine 04401-0835.

Here is a list of fees for this year's race:

	Before Jan. 15	After Jan. 15
Individuals, adults	\$6.00	\$7.00
Individuals, 15 & under	5.00	6.00
Family Teams	5.00	6.00
	20.00 max.	24.00 max.

This year plans are being made to have members of the Sports Massage Team of the Maine Chapter of the American Massage Therapy Association available to provide post-event massage.

9TH ANNUAL KATAHDIN TRUST SNOW RUN

COME CELEBRATE WINTER CARNIVAL DAYS IN HOULTON BY RUNNING A FIVE MILE ROAD RACE, SPONSORED BY THE KATADIN TRUST WITH BROADCAST ASSISTANCE FROM WHOU AM - FM. WINNING RECORD TIMES IN THE OVERALL MALE & FEMALE DIVISIONS WILL EARN A \$100.00 SAVINGS BOND COURTESY OF KATAHDIN TRUST.

WHERE & WHEN : HOULTON H. S. / LOCKERS, SHOWERS & RESTROOMS
SATURDAY FEBRUARY 10 @ 11:00 A.M.

DISTANCE : 5.0 MILES, WHEEL MEASURED OUT & BACK

REGISTRATION : \$ 8.00 WITH A LONG SLEEVE SHIRT & POST RACE MEAL. PRE OR REGISTER ON RACE DAY @ 9:30

AWARDS : TOP 5 MALE & TOP 3 FEMALE, THREE EACH PER AGE
1ST PLACE TEAM AWARD MALE & FEMALE
TOP FUND RAISERS- PINE TREE CAMP

RELAY : FIVE MEMBER TEAMS: MALE, FEMALE, MIXED
EACH MEMBER RUNS A MILE; BUS WILL DROP OFF &
PICK UP RELAY RUNNERS AT THE MILE MARKERS
PRE-REGISTRATION ONLY ! 1ST PLACE AWARDS

PRIZES : \$50.00 SAVINGS BONDS TO TOP MALE & FEMALE ,
MANY DRAW PRIZES INCLUDING LIFESTYLE
ASSESSMENT, FITNESS CLUB MEMBERSHIP. THIS
RACE BENEFITS THE PINE TREE CAMP; SO
COLLECT THOSE PLEDGES ! PLEDGE SHEET ON BACK

COURSE RECORD : MALE : ROY MORRIS 26:50
EARN A MALE MASTERS: PHIL STUART 29:45
\$100 SAVINGS BOND FEMALE & MASTERS : RAYMA TAYLOR 35:06

NAME : _____

ADDRESS : _____ CITY : _____ ST : _____ ZIP: _____

AGE : _____ SEX : _____ SHIRT SIZE : S _____ M _____ L _____ XL _____

I FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS WAIVE & RELEASE ANY & ALL RIGHTS & CLAIMS FOR PERSONAL DAMAGE I MAY HAVE AGAINST RACE OFFICIALS & SPONSORS. I ATTEST AND CERTIFY THAT I AM PHYSICALLY FIT TO PARTICIPATE IN THIS RACE AND HAVE FULL KNOWLEDGE OF THE RISKS INVOLVED .

SIGNATURE : _____
(PARENTS SIGNATURE IS REQUIRED IF PARTICIPANT IS UNDER 18 YRS OF AGE)

FOR INFORMATION CALL 532 - 6554 OR MAIL ENTRY AND FEE TO:

S.A.D. # 29 ADULT EDUCATION. P.O BOX 190 HOULTON, ME 04730

9TH ANNUAL
WILD KATAHDIN TRUST SNOW RUN
PINE TREE CAMP PLEDGE SHEET

#	NAME	\$\$\$\$\$\$\$
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		



CENTRAL MAINE STRIDERS, INC.

*Proudly Announce
The 12th Annual*



Club #480

“SNOFEST FIVE MILER”

**SUNDAY, FEBRUARY 18, 1990 — 11 AM
AUGUSTA CIVIC CENTER — AUGUSTA, MAINE**

Another great winter event awaits you in Central Maine as the Striders host this 5 mile loop run to help keep you going through the long snow season! Featuring one of the fastest first mile starts of any race in Maine, veteran director Russ Martin points with pride to past winners that include Ken Flanders, Rock Green, Henri Bouchard and Striders Hank Chipman, Chris Bovie and Peter Lessard. Past female winners include Maine Legends Diane Fournier, Kim Beaulieu and new course record holder and female “Strider of the Year” Deb Potter.

ENTRY FEE: \$5.00 — Pre-register to February 15th / \$6.00 Race Day
Race Day entries welcome - 9:30 AM to 10:45 AM

RACE DIRECTOR: Russell Martin (622-1258)

FEATURES: Rest Rooms & Showers - Time Splits - Refreshments following the race for runners & volunteers.

COURSE: Loop course over rolling hills - Starts/Ends behind Civic Center.

AWARDS: 1st overall — Male & Female
1st & 2nd in Age Groups — 19 & under / 20 to 29 / 30 to 39/
40 to 49 / 50 to 59 / 60 & over - Male & Female

RESULTS: Published In: Kennebec Journal - Morning Sentinel - Maine Running.

COURSE RECORDS:

OPEN

MASTERS

25:51	Ken Flanders	1984	29:00	Fred Judkins	1986
30:01	Deb Potter	1989	35:52	Linda Hanson	1989

Central Maine Striders Waiver & Entry Form — Snofest Five Miler

NAME: _____ AGE: _____ SEX: _____

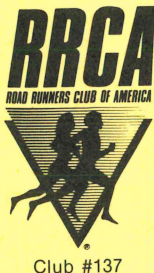
ADDRESS: _____

TEAM or CLUB: _____

I realize road racing is a potentially hazardous activity and hereby waive and release the Central Maine Striders running club, it's officials and director of this race, and all volunteers, sponsors or town or city officials from any and all claims or liabilities arising from my voluntary participation in this event.

SIGNATURE

PARENT or GUARDIAN if under 18



CENTRAL MAINE STRIDERS, INC.



Proudly Announce The 12th Annual

“BOSTON PRIMER”

15 MILE ROAD RACE

Sunday, March 18th, 1990 — 11:00 a.m. — Maranacook School, Readfield, Maine

Director Dave Gugan and The Striders offer you the chance to run in one of Maine's most famous road races. Originally designed as a challenging final tune-up for the April "Boston Marathon", this event is now a legend itself as many of the finest men and women in the state have given this a solid rating as a top quality event. The Striders invite you to join the growing list of runners who have completed this great training run, one of only two 15-mile events held in Maine during the year!

ENTRY FEE: \$5.00 Pre-registration - to March 14th, 1990.

\$6.00 Race day - 9:30 a.m. to 10:45 a.m.

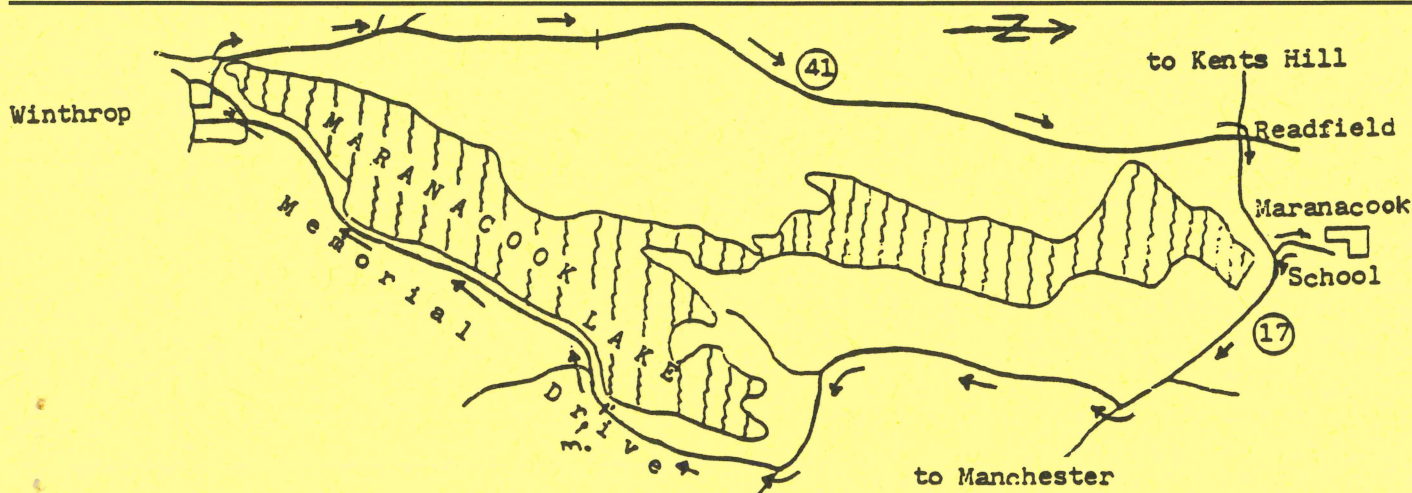
RACE DIRECTOR: Dave Gugan (622-0289)

FEATURES: Changing room & showers — Water Stops — Time Splits —
All miles marked — Refreshments for all runners and volunteers following race.

COURSE: Challenging rolling hills — circles Maranacook Lake —
Starts/Ends at School

AWARDS: 1st Overall Male & Female — 1st & 2nd Male & Female —
Age groups 19 & under/20 to 29/30 to 39/40 to 49/50 to 59/60 & over

RESULTS: Published in Kennebec Journal, Morning Sentinel & Maine Running



RACE HISTORY — BOSTON PRIMER

★ = Course Record

1979	— Rick Krause	1:24:48	1984	— Rock Green	1:22:37
	Diane Fournier	1:47:23		Mimi Nelson	1:45:48
1980	— Colin Peddie	1:21:02	1985	— Bob Winn	1:19:45 ★
	Margaret Clapper	1:53:42		Linda LaRue-Keniston	1:41:01
1981	— Rock Green	1:23:25	1986	— Bruce Ellis	1:22:10
	Kim Beaulieu	1:43:24		Kim Beaulieu	1:37:25 ★
1982	— Steve Russell	1:24:47	1987	— Bob Winn	1:22:13
	Becky Snow	1:54:38		Kelly Bennett	1:47:57
1983	— Rock Green	1:23:38	1988	— Lance Guliani	1:24:08
	Joanie Rhoda	1:53:16		Deb Potter	1:41:51
			1989	— Robert Ashby	1:27:03
				Deb Potter	1:37:57

Central Maine Striders Waiver & Entry Form — Boston Primer

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____

TEAM or CLUB: _____

I realize road racing is a potentially hazardous activity and hereby waive and release the Central Maine Striders running club, it's officials and director of this race, and all volunteers, sponsors or town or city officials from any and all claims or liabilities arising from my voluntary participation in this event.

SIGNATURE

PARENT or GUARDIAN if under 18

Central Maine Striders, Inc. • P.O. Box 1177 • Waterville, Maine 04901 • 873-6753

GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S



GOLDSMITH'S

HOGAN ROAD - 947-1168 - BANGOR, MAINE
VISIT OUR OTHER LOCATIONS
ROCKLAND - PRESQUE ISLE - OLD TOWN - AUBURN

WE HAVE YOUR NEXT PAIR OF RUNNING SHOES

Choose From All Of The Latest Mens' & Women's Models

NIKE	TIGER	NEW BALANCE	AVIA
AIR MAX	GT II	476	945
AIR SUPPORT	GEL LYTE	830	
AIR CONTROL	GEL 100	996	
AIR WINDRUNNER	MIRANER		

**PLUS COMPLETE LINE OF RUNNING APPAREL
FROM
NIKE - NEW BALANCE - FRANK SHORTER
TO NAME A FEW**

*** ALSO CHECK OUT OUR OTHER DEPARTMENTS
LIKE:**

**CAMPING - CANOES - BIKING APPAREL
MENS & LADIES SPORTSWEAR**

**WE ALSO DO CUSTOM SCREEN PRINTED
T-SHIRTS WITH PRICES STARTING AT
\$3.50 EACH**

GOLDSMITH'S

SPORTING GOODS
HOGAN ROAD
BANGOR: 947-1168

Mon. - Thurs.: 9 - 8
Fri.: 9 - 9
Sat.: 9 - 8
Sun.: 12 - 4

GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S

PERSONAL BEST!



The Nike Air Stab.

Personal Best is what Nike is all about, and probably what you as an athlete are all about. Whether you jog, run, race, or participate in triathlons the Nike store has something to help you reach your personal best.



THE NIKE STORE
11 Bow Street • Freeport, ME
(207) 865-0755

Mon. - Sat. 10 - 8
Sunday 10 - 6